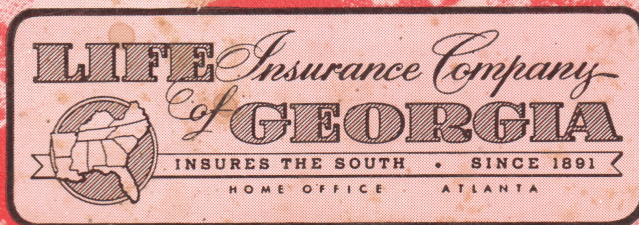




Life of Georgia Cook Book



A WORD TO THE WIVES

In this book you will find proven recipes which will aid you in providing a wide variety of wholesome, health-building meals. It is our hope that they will bring satisfaction to your family, just as Life Insurance Company of Georgia has provided security and protection to more than a million families in the South since 1891.

LIFE INSURANCE COMPANY OF GEORGIA

Life of Georgia Cook Book



Edited by
WINIFRED ROTHERMEL
Nutritionist

• • •



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Foreword

★ When primitive man emerged

from the forest bearing an animal to be roasted over a wood fire the art of cooking had its beginning. How far we have come since that ancient day! Not only are we free from the necessity of foraging for food, having a variety of meats, grains, dairy products, vegetables and fruits grown for us and brought in refrigerated cars across the country, but from every corner of the globe come spices, herbs, sugar, smoked fish and canned products for adding flavor and delicacy to the dishes that have become quite commonplace with us.

Until very recent times man's greatest concern as regards food was to get enough to eat; next, to satisfy his taste for things that were particularly appetizing to him. Columbus discovered America while searching for a short route to India where spices that Europeans had learned to like for preserving and seasoning their foods were procurable. But, as we learned more about the nature of the universe around us, it was inevitable that sooner or later we should inquire about ourselves, what makes the human mechanism function, what causes disease. This inquiry led to an examination of our foods and the discovery of the elements for growth and maintenance they contain. Within the past twenty-five years a vast new field has opened up, a study of foods, how deficiencies develop, their effect upon human happiness and efficiency, and from this the reproduction in the laboratory of certain food elements, vitamins for example. This is the field of nutrition. It is comparatively new, but it has made vast strides thus far.

If we will earnestly and carefully use such knowledge of foods as we now have, we can enjoy more abundant health and, in the opinion of one of our greatest leaders in the field of food research, we could create a vastly superior human race in only two or three generations.

Long it has been my belief that since the money for which to buy food is earned by many hours of work, and the preparation of food occupies a great part of the time in the home, food should be enjoyed. Around the family table many memories may be established, many graces may be taught.

This little cook booklet is the work of a Southerner, for Southerners. The recipes and suggestions contained herein are intended to encourage real homemaking, so important to a civilized nation, to make cooking more of a pleasure, less of a burden, and to add somewhat to the sum total of human happiness through better health.

Wmfred Rothmel

TABLE OF WEIGHTS AND MEASURES

3	teaspoons	1	tablespoon
4	tablespoons.....	$\frac{1}{4}$	cup
16	tablespoons	1	cup
2	cups	1	pint
4	cups	1	quart
2	cups butter or other shortening.....	1	pound
4	cups sifted, all-purpose flour.....	1	pound
2	cups granulated sugar.....	1	pound
9	large eggs	1	pound
$3\frac{1}{2}$	cups confectioners' sugar.....	1	pound
$2\frac{1}{4}$	cups brown sugar, firmly packed.....	1	pound
1	square cooking chocolate.....	1	ounce
2	tablespoons butter	1	ounce
4	tablespoons flour	1	ounce

SUBSTITUTES

For 1 cup granulated sugar:

Corn syrup.....2 cups. Reduce liquid slightly

Honey..... $\frac{3}{4}$ cup. Reduce liquid slightly

1 square chocolate.....2 tablespoons cocoa (in
recipes needing fat add $\frac{1}{2}$ teaspoon butter)

*All measurements based on standard measuring
cup and spoons*

OVEN TEMPERATURES

(Fahrenheit)

Slow..... 250 to 325 degrees

Moderate..... 350 to 375 degrees

Hot..... 400 to 450 degrees

Very Hot.....475 and over

*(If oven has a heat control follow directions furnished
by the manufacturer for its use.)*

★ MENU BUILDING ★

Meals should be planned at least a week at a time, not only to achieve nutritional balance, but because such planning enables the housewife to buy staples in quantity, to use left-overs appetizingly and to get variety and appetite appeal at lowest cost. Menus once made out need not be followed to the letter, but they are useful as a general guide. Perfectly planned meals are those that appeal to the eye and the taste, while at the same time provide nutriment for keeping the body in good physical condition.

Food, if properly chosen and eaten in the right combinations, will furnish sufficient amounts of materials for normal growth and maintenance of the body. Certain foods are primarily building and repairing foods, while others yield energy, and still others furnish regulatory materials. The Building and Repairing Foods are proteins, vitamins, minerals and fluids. The energy foods are starches, sugars and fats. The body regulating foods are minerals, water and roughage or cellulose.

Principal sources of protein are meats, fish, eggs, milk and cheese. Lesser, but still good sources are whole grain cereals and breads, nuts and dried beans and peas.

Carbohydrate sources are breads, cereals, spaghetti and macaroni, and the sweets such as syrups, honey, molasses.

Fats are found mainly in butter, cream, oils, shortenings, and the fatty meats, such as salt pork and bacon.

Minerals are found in many foods, but since the body requires large amounts of calcium this is the one in which we are most likely to be deficient. The principal source of calcium is milk and milk products. The meats, and in particular the meat sundries, such as liver, kidney and heart, hold richest supplies of iron and copper. Seafood is an excellent natural source of iodine.

Vitamins have many vital functions, and though much has been said about supplementing the diet with vitamins from the drug-store bottle, still it should be remembered that foods are the natural sources of all the vitamins, except the sunshine Vitamin D.

Vitamin A, essential for growth, reproduction and resistance to many diseases is found principally in butter, vitamin-enriched margarine, milk, egg yolk, liver, kidney and green and yellow vegetables.

Vitamin B, responsible for digestion, elimination, and nerve and muscle tone is widely distributed in whole grains, fruits and vegetables. It is very soluble in water, hence soaking and long cooking of vegetables is strongly to be discouraged. And wider use of whole grain cereals and bread is strongly recommended.

Vitamin C is found in fresh raw fruits and vegetables. Raw cabbage, citrus fruits, tomatoes and green peppers are excellent sources.

Vitamin D, the sunshine vitamin, influences calcium deposits, there-

fore aids in tooth and bone development and protection. The body should be exposed to direct sunshine as often as possible, but in winter especially some irradiated foods, salmon, egg yolk, and for small children, cod and halibut liver oils should be taken.

Vitamins E and G are widely distributed in foods and are not so readily affected by cooking, thus they probably need no discussion here.

The wise housewife buys foods and plans her meals to make sure the family gets maximum food value as well as maximum pleasure for money spent, for pleasure in eating plays a very large role in nutrition. It pays too, large dividends in human happiness in family life.

These are Samples of **BALANCED MEALS FOR A WEEK**

BREAKFAST
Sliced Peaches
Scrambled Eggs, Bacon
Toast, Butter, Preserves
Coffee, Milk

SUNDAY

DINNER
Chicken Fricassee with Dumplings
Glazed Carrots Steamed Spinach
Tomato and Cucumber Salad
Ice Cream Butterscotch Sauce
Coffee or Tea

SUPPER
Meat Sandwich
Raw Vegetable Salad
Milk
Molasses Cookies

BREAKFAST
Sliced Orange
Oatmeal
Toast, Butter
Coffee, Milk

MONDAY

DINNER
Veal Stew with Vegetables
Corn Muffins
Asparagus Salad
Rice and Raisin Custard
Coffee, Milk

LUNCH
Creamed Chicken on Toast
(left-over chicken)
Lettuce Salad
Cantaloupe
Tea or Milk

BREAKFAST
Tomato Juice
Poached Eggs
Biscuits, Butter, Jam
Coffee, Milk

TUESDAY

DINNER
Ham Roll-ups
Baked Potatoes
Buttered Green Beans
Grapefruit Salad
Apple Brown Betty
Coffee, Milk

LUNCH
Vegetable Soup
Bacon and Lettuce Sandwiches
Fruit Cup, Cookies
Tea or Milk

BREAKFAST
Orange Juice
Scrambled Eggs
Whole Wheat Toast, Preserves
Coffee, Milk

WEDNESDAY

LUNCH
Stuffed Frankfurters, Mustard Sauce
Peach and Cottage Cheese Salad
Toasted Buns, Butter
Tea or Milk

DINNER

Braised Short Ribs of Beef
 Steamed Cabbage
 Escalloped Eggplant
 Lettuce Salad
 Lemon Refrigerator Pie
 Coffee or Milk

BREAKFAST

Grapefruit
 Ready-to-eat Cereal
 Bran Muffins, Butter
 Coffee, Milk

THURSDAY**DINNER**

Meat Loaf
 Baked Stuffed Onions
 Glazed Sweet Potatoes
 Celery Salad
 Deep Dish Berry Pie
 Coffee, Milk

LUNCH

Asparagus with Cheese Sauce
 Small Boiled Potatoes
 Carrot Sticks
 Rye Toast, Butter
 Fresh Applesauce
 Tea or Milk

BREAKFAST

Grapefruit Juice
 Soft-Cooked Eggs on Buttered Toast
 Apple Butter
 Coffee, Milk

FRIDAY**DINNER**

Creole Shrimp with Rice
 Cole Slaw Salad
 Hard Rolls, Butter
 Egg Custard Pie

LUNCH

Tomato Stuffed with Tuna Salad
 Potato Chips, Pickles
 Layer Cake
 Tea or Milk

BREAKFAST

Orange Juice
 Eggs and Bacon
 Toasted Rolls, Butter
 Coffee, Milk

SATURDAY**DINNER**

Barbecued Spare Ribs
 Hot Potato Salad
 Baked Squash
 Sliced Cucumber and Tomatoes
 Rolls, Butter
 Peppermint Custard Ice Cream

LUNCH

Cream of Pea Soup
 Ready-Cooked Meat Sandwiches
 Raw Carrot Sticks
 Cocoa or Milk

☆ ☆ APPETIZERS ☆ ☆

An appetizer is a bit of food or drink that whets the appetite. Various fruit and tomato juice combinations, canapes and hors d'oeuvres, all are appetizers, and may be served as the first course of a meal, or a large tray of them may be served at a cocktail or other afternoon party instead of sandwiches or other refreshments. A wide variety of foods may be used in preparing appetizers, though it should be remembered an appetizer is never sweet. Sweet foods satisfy the appetite while an appetizer is designed to put an edge on it—to make it ask for more.

Hors d'oeuvres is a French name we Americans have adopted for an assortment of fresh, crisp vegetables, spicy meats, fish, stuffed eggs, pickles and other tasty tidbits. A canape is an appetizer with a bread or cracker base. Deviled ham, chicken liver paste, smoked fish, any number of spreads placed on dainty rounds, triangles or squares of bread, a cracker or piece of toast is a canape. Canapes and hors d'oeuvres may be served on the same large tray. Such a tray looks professional according to the amount of painstaking care that goes into the preparation of it. All vegetables, carrot sticks, celery curls, artichoke hearts should be crispy cold; the little pieces of bread for the spreads cut carefully with sharp knives. Mint, capers, tiny pearl onions, parsley and watercress make suitable garnishes.

COCKTAILS

Tomato Juice: To 2 cups canned tomato juice, add 1 finely chopped small onion and chill thoroughly. Strain, add 3 tablespoons lemon juice, 1 tablespoon sugar, 1 teaspoon Worcestershire sauce and salt and pepper to taste. Serve very cold.

Citrus Fruit Cup: Mix 2 cups orange juice, 1 cup grapefruit juice, 1½ tablespoons lemon juice. Chill well. Just before serving add 1 pint chilled ginger ale. Serve in cold glasses.

CANAPES

Deviled Ham Spread: Mix 1 cup deviled ham with 2 hard cooked chopped eggs, and 1 tablespoon horseradish. Spread on dainty rounds of bread, or toast. Garnish with parsley.

Shrimp Spread: Finely chop cooked or canned shrimp to make one cup. Add mayonnaise and lemon juice to blend. Add a dash of tabasco sauce, and salt and pepper to taste. Spread on toast or crackers.

HOT ASPARAGUS CANAPES

12 thin slices white bread
12 thin slices cooked ham

12 small green asparagus spears,
cooked or canned
mayonnaise

Trim crusts from bread, and cut slices of ham to fit bread. Dip each asparagus spear in mayonnaise, fit it at one edge of bread and roll up as a jelly roll. Fasten with a toothpick, place on broiler rack and toast. Serve hot.

HORS D'OEUVRES

Stuffed Celery: Mash 1 package cream cheese with fork, add 2 tablespoons mayonnaise, 4 stuffed olives, finely chopped, 2 tablespoons finely chopped salted peanuts and ¼ teaspoon salt. Fill crisp tender stalks smoothly with this filling.

Stuffed Beets: Use tiny cooked or canned beets. Marinate for several hours in French dressing. Then drain, scoop out centers and fill with a mixture of hard cooked egg chopped, seasoned with chopped sweet pickle, mustard and salt and pepper.

Cheese and Bacon Rolls: Cut American cheese in 1-inch blocks. Wrap each piece of cheese in a strip of bacon, fasten with a toothpick and broil quickly, turning often to cook bacon but to keep cheese from melting.

Carrot Sticks: Cut crisp cold carrots in matchlike sticks.

Celery Curls: Cut crisp celery in 2-inch pieces. From one end, using a sharp knife, cut celery back about 1½ inches. Drop in ice water a few minutes to curl.

Radish Roses: Select radishes of good shape and color. Wash well and chill. Cut a thin smooth slice from bottom. Then with sharp knife, begin at other end and cut peel almost down in sections. Drop radishes in ice water a few minutes.

☆ ☆ BEVERAGES ☆ ☆

Coffee is the national drink in America. To be at its best it should be freshly made, and it should be clear and strong. After grinding, coffee rapidly loses its strength and aroma. Therefore it should be bought in small quantities, and should be kept in a container with tight-fitting top. There are several methods of making coffee, though the method favored by connoisseurs is the drip method of brewing.

To Make Drip Coffee: Buy coffee finely ground for drip coffee maker. Follow directions for the particular coffee maker if directions accompany it. In others, place coffee, one heaping tablespoonful for each cup, in coffee basket. Then pour fresh, rapidly boiling water in the water container. Set aside in a warm place to drip. Never pour water over the grounds a second time.

To Make Percolator Coffee: Put measured boiling water in the water container, and measured coffee in the basket. Allow to percolate gently until desired strength is obtained. About 15 minutes is usually required after water starts percolating.

To Make Boiled Coffee: Mix measured coffee with a small amount of cold water. Then pour over it the measured boiling water. Allow it to steep about 5 minutes, but do not allow it to boil as boiling develops a bitter flavor.

To Make Tea: Scald earthen ware pot and measure into it or into a tea ball, 1 teaspoon tea for each cup to be served. Measure freshly drawn water and bring rapidly to a boil. When boiling pour over the tea. Let it steep 3 to 5 minutes and serve at once.

Iced Tea: Make tea as directed above, and when steeped, strain over cracked ice.

SYRUP FOR SWEETENING COLD DRINKS

Since syrup dissolves better than sugar it is more economical to sweeten drinks with a sugar syrup. Make it this way: Mix 2 cups sugar with 2 cups water and stir until sugar dissolves. Bring to a boil and boil 5 minutes. Cool and pour into a jar. Keep in a cool place.

COCOA OR CHOCOLATE SYRUP

1/2 cup cocoa or 2 squares chocolate
1 cup cold water

Dash of salt
1/2 teaspoon vanilla

Mix cocoa with small amount of water until smooth. Add other ingredients and cook over moderate heat until smooth and well blended. If using chocolate melt it in top of double boiler and proceed as for cocoa. Keep syrup in covered jar in cool place. May be used as a sauce for desserts.

SPICED TEA (Serving 12)

9 cups water
9 teaspoons tea
15 whole cloves
2 sticks cinnamon

1 1/3 cups sugar
1 cup orange juice
2/3 cup lemon juice
Orange and lemon slices

Ice cubes

Bring water to boil and pour over tea in earthen ware pot. Allow to stand 5 minutes. Strain, add spices and sugar and cool. When cool, add orange and lemon juice, and serve in punch bowl over ice cubes, garnished with lemon and orange slices cut in fancy shapes. To serve larger number double or triple this recipe. This spiced tea may also be served hot without the fruit juices added, if desired, but let it come to a boil.

MOLASSES MILK SHAKE

4 tablespoons molasses

4 cups milk

Blend milk and molasses thoroughly, in a shaker if desired, and serve very cold, over cracked ice, or with a scoop of ice cream.



BREAD



QUICK BREADS

Quick breads are so called because baking powder or soda is the leavener instead of the slower-acting yeast. The favorite quick breads of the South are biscuits and corn bread, though griddle cakes, muffins, waffles and spoon bread too, are old-time favorites.

Since bread is an important part of every meal it should be as nutritious as possible. Whole wheat and other whole grain products should be often used, and in selecting white flour the "enriched" product should be chosen.

White flour should be sifted before measuring; whole grain flours and meals should not be sifted. Any preferred shortening may be used. All measurements are level. In measuring firm fats it may be useful to know they are most easily measured in water. If for instance the recipe calls for $\frac{1}{3}$ cup shortening, fill measuring cup two-thirds full of cold water. Then add shortening in small amounts to the water, being sure it does not cling to the sides of cup, until the water reached the full level. Pour off water.

When recipe calls for "milk," sweet milk is meant; if soda or molasses is used in a baked product the liquid usually is sour milk or buttermilk and is so indicated.

BAKING POWDER BISCUITS

2 cups sifted flour

 $\frac{1}{2}$ teaspoon salt

2 teaspoons baking powder

2 tablespoons shortening

 $\frac{3}{4}$ cup milk

Sift flour once, measure, add baking powder and salt and sift again. Cut in shortening; add milk gradually until soft dough is formed. Roll out on slightly floured board, cut out and bake in hot oven, 450 degrees 12 to 15 minutes.

BUTTERMILK BISCUITS

4 cups sifted flour

1 teaspoon salt

1 teaspoon baking powder

 $\frac{3}{4}$ cup lard or shortening $\frac{1}{4}$ teaspoon soda $\frac{3}{4}$ cup buttermilk

Sift flour once, measure and sift again with salt, soda and baking powder. Cut in shortening; add milk gradually to form soft dough. Turn out on lightly floured board, roll out and cut with biscuit cutter. Bake in hot oven, 450 degrees, 15 minutes.

WHOLE WHEAT BAKING POWDER BISCUITS

Follow directions for baking powder biscuits, substituting whole wheat flour for the white and use 1 cup of milk.

CHEESE BISCUITS

Follow directions for making baking powder or buttermilk biscuits. When dough is rolled out thin, spread it with $\frac{1}{2}$ cup grated cheese mixed with $\frac{1}{2}$ teaspoon paprika. Fold dough over, cut and bake as any other biscuits.

PLAIN MUFFINS

- | | |
|---------------------------------|---------------------|
| 2 cups sifted flour | 2 tablespoons sugar |
| 3 teaspoons baking powder | 1 egg |
| $\frac{1}{2}$ teaspoon salt | 1 cup milk |
| 2 tablespoons melted shortening | |

Sift together flour, baking powder, salt and sugar. Beat egg and add milk and melted shortening. Add egg mixture to flour mixture, stirring only until flour is moistened. Fill greased muffin pans half to two-thirds full and bake in moderately hot oven, 425 degrees, for 20 minutes.

Variations: **Berry Muffins:** Add 1 cup drained blueberries or any other berry to egg mixture, proceeding as for plain muffins.

Apple Muffins: Add $\frac{1}{4}$ teaspoon cinnamon to flour mixture, increase shortening to 4 tablespoons and add 1 cup finely chopped apples to egg mixture in plain muffins recipe.

Nut Muffins: Add $\frac{1}{2}$ cup chopped nut meats to flour mixture, and put a nut meat on top of each muffin.

BRAN MUFFINS

- | | |
|--|---------------------------------|
| 1 cup sifted flour | 1 cup shredded bran |
| $3\frac{1}{2}$ teaspoons baking powder | $\frac{3}{4}$ cup milk |
| $\frac{1}{4}$ teaspoon salt | 1 egg, well beaten |
| 3 tablespoons sugar | 3 tablespoons melted shortening |

Sift baking powder, sugar and salt with flour. Pour milk over bran. Add egg and shortening to bran mixture. Add flour, mixing only enough to moisten dry ingredients. Bake in greased muffin pans in 425 degree oven, about 20 minutes.

Sour milk and molasses may be used if desired. If used add $\frac{1}{4}$ teaspoon soda, use 3 teaspoons baking powder, and use 3 tablespoons dark molasses instead of sugar. Raisins may be added to the flour mixture, $\frac{1}{3}$ cup.

CORN MUFFINS

- | | |
|-----------------------------|------------------------------------|
| 2 cups corn meal | 1 egg |
| $\frac{3}{4}$ teaspoon soda | 1 tablespoon melted shortening |
| $\frac{3}{4}$ teaspoon salt | $1\frac{1}{2}$ to 2 cups sour milk |

Sift corn meal with salt and soda. Add egg and shortening to milk. Combine mixtures and bake in hot greased muffin pans in hot oven, 425 degrees, about 20 minutes.

SOUTHERN SPOON BREAD

- | | |
|--|---------------------|
| $\frac{3}{4}$ cup corn meal | 1 cup boiling water |
| 1 teaspoon salt | 1 cup milk |
| 3 tablespoons melted butter or margarine | 2 eggs, well beaten |
| 2 teaspoons baking powder | |

Combine meal, salt and butter in mixing bowl. Add boiling water slowly and beat until smooth. Add milk, eggs and baking powder, mixing thoroughly. Turn into well greased shallow baking dish and bake in moderate oven, 350 degrees, about 45 minutes.

SOUTHERN WAFFLES

- | | |
|------------------------------|--------------------------------|
| 1 cup corn meal | 1 1/4 teaspoons salt |
| 2 cups sifted flour | 2 cups milk |
| 3 teaspoons baking powder | 2 egg yolks, well beaten |
| 1 tablespoon sugar | 3 tablespoons melted margarine |
| 2 egg whites, stiffly beaten | |

Pour 1 cup boiling water over the cornmeal. Sift flour with baking powder, salt and sugar. Add milk to corn meal, then egg yolks. Then add flour mixture. Add melted margarine. Finally fold in stiffly beaten egg whites. Bake in pre-heated waffle iron, and serve with syrup, honey or jelly.

YEAST BREADS

For making yeast-raised bread and rolls choose plain flour; self rising flour is not suitable. Yeast dough may be kept in the refrigerator from several days to a week or more to be used as needed. Punch the dough down after the first rising, grease surface, cover closely and place in refrigerator. Break off as much dough as is needed at one time. Let stand at room temperature until soft enough to handle, shape as desired and place in pans. Let rise until doubled in bulk and bake as directed. Compressed yeast means the moist type, as opposed to dry yeast which is slower-acting.

WHITE BREAD

- | | |
|----------------------|--------------------------|
| 2 cups milk, scalded | 3 tablespoons shortening |
| 2 teaspoons salt | 2 cakes compressed yeast |
| 2 tablespoons sugar | About 6 cups flour |

Place milk, salt, sugar and shortening in large bowl. Cool to lukewarm, then add crumbled yeastcake. Stir in 3 cups flour and beat thoroughly. Gradually add remaining flour, adding only enough to make a soft dough that can be easily handled. Too much flour makes heavy bread. Turn dough out on lightly floured board, and knead until smooth and elastic. Place dough in greased bowl, brush top with melted shortening, cover and let rise until double in bulk. Punch down, shape into rolls or loaves, brush with softened shortening, cover and again let rise until doubled in bulk. Bake in 375 degree oven if loaves, 400 if rolls. Bake loaves 40 to 50 minutes, rolls 25 minutes.

WHOLE WHEAT BREAD

Use recipe for white bread, using 1/4 cup dark molasses instead of sugar; use 3 1/2 cups whole wheat flour and 2 1/2 cups white flour. All whole wheat flour makes a very heavy bread, not usually liked.

SWEET TEA ROLLS

- | | |
|---------------------------|------------------------------|
| 2 cakes compressed yeast | 1/2 cup sugar |
| 1/4 cup lukewarm water | 1 teaspoon salt |
| 1 cup milk | 2 eggs, beaten |
| 1/4 cup shortening | 1 teaspoon grated lemon rind |
| About 5 cups sifted flour | |

Soften yeast in lukewarm water. Scald milk, add shortening, sugar and salt, and cool to lukewarm. Add 2 cups flour and beat well. Add softened yeast, eggs and lemon rind. Mix well. Add enough more flour to make a soft dough. Turn out on lightly floured board and knead until smooth and elastic. Place in greased bowl, cover and let rise until doubled in bulk. Punch down. Shape into clover leaf, Parker House or finger rolls, as desired, and let rise again until doubled in bulk. Bake in 375 degree oven 20 to 25 minutes.



CAKES



Cakes are not created by some magic formula, but by mastering certain techniques of mixing and baking. Five points are essential: 1, Selection of good ingredients; 2, Accurate measurements; 3, Careful Mixing; 4, Correct baking, and 5, Careful handling after baking. Each step is important. Follow the chosen recipe faithfully.

All cakes fall in one of two classes, for there are but two, the butter cake and the sponge cake. All cakes are variations of these two types. Butter cakes are those which contain butter or some shortening, and sponge cakes are those that contain no shortening. Butter cakes are raised by the gas which is released from baking powder or soda, and true sponge cakes are leavened or raised solely by air beaten into the eggs.

When cake flour is called for in a recipe it is possible to substitute for it all-purpose flour, but the quantity should be reduced 2 tablespoons for each cup. Flour should be sifted before measuring and sifted again with the other dry ingredients. Self-rising flour cannot be used successfully for cakes unless special recipes are used. It cannot be used in the following recipes. Fine granulated sugar is used unless another sugar is specified. Any favored shortening can be used.

STANDARD TWO EGG CAKE

$\frac{1}{2}$ cup butter or margarine	$\frac{15}{8}$ cups sifted flour
1 cup sugar	3 teaspoons baking powder
2 eggs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup milk	1 teaspoon vanilla

Cream shortening thoroughly. Add sugar gradually and cream together until light and fluffy. Sift flour once, measure, add salt and baking powder and sift again. Add flour alternately with milk, a small amount at a time, beating well after each addition. Add flavoring. Pour into two well greased 9-inch layer cake pans and bake in moderate oven 375 degrees, 25 minutes.

QUICK SPICE CAKE

5 tablespoons butter or margarine	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup milk
2 eggs	$\frac{1}{2}$ teaspoon cinnamon
$1\frac{3}{4}$ cups flour	$\frac{1}{2}$ teaspoon nutmeg
$1\frac{3}{4}$ teaspoons baking powder	$\frac{1}{4}$ teaspoon cloves
$\frac{1}{4}$ cup dark molasses	

Cream shortening thoroughly. Add molasses and continue creaming until light and fluffy. Combine egg and milk. Sift flour once, measure, add baking powder, salt, spices and sugar and sift again. Combine egg-milk and creamed mixture, beating well. Add to flour and beat vigorously 1 minute. Pour into two well-greased 8-inch layer cake pans and bake in a moderate oven, 375 degrees, 25 minutes.

SPONGE CAKE

1 cup sifted cake flour	5 eggs
$\frac{1}{4}$ teaspoon salt	1 cup sifted sugar
Grated rind and juice of $\frac{1}{2}$ lemon	

Sift flour once, measure, add salt and sift four times. Beat egg yolks until thick and lemon-colored, add lemon rind and juice and beat with rotary beater until very thick and light. Beat egg whites until stiff enough to hold in peaks, but not dry. Fold in sugar a little at a time, then egg yolks. Then fold in flour, gradually. Bake in ungreased tube cake pan in 325 degree oven 1 hour. Remove from oven when done, invert cake pan until cake is thoroughly cool before removing from pan.

DEVIL'S FOOD CAKE

$\frac{2}{3}$ cup butter or margarine	$2\frac{3}{4}$ teaspoons baking powder
$1\frac{1}{2}$ cups sugar	$\frac{1}{4}$ teaspoon salt
3 eggs	$\frac{3}{4}$ cup milk
2 cups cake flour	3 squares unsweetened chocolate
1 teaspoon vanilla	

Cream butter thoroughly, add sugar gradually and cream until light and fluffy. Add eggs and beat well. Add melted chocolate and blend. Sift flour once, measure, add baking powder and salt and sift again. Add flour mixture alternately with milk, little at a time, beating well after each addition. Add vanilla. Pour into two greased 9-inch layer cake pans and bake in moderate oven, 350 degrees, 35 minutes.

FIVE-POUND FRUIT CAKE

1 cup salad oil	3 cups flour
$1\frac{1}{2}$ cups brown sugar	1 cup fruit juice
4 eggs	1 cup chopped figs
2 teaspoons all spice	3 cups chopped nut meats
2 teaspoons cinnamon	1 cup raisins
1 teaspoon ground cloves	1 cup citron, sliced thin
2 teaspoons salt	1 cup candied pineapple, chopped
1 teaspoon baking powder	$1\frac{1}{2}$ cups candied cherries

Blend salad oil, sugar, egg yolks and beat 2 minutes. Sift flour, measure 2 cups, add spices, salt and baking powder and sift again. Add alternately with fruit juice to first mixture. Add fruits and nuts with remaining cup of flour. Fold in egg whites stiffly beaten. Bake in slow oven, 275 degrees, $3\frac{1}{2}$ to 4 hours.

PRUNE-SPICE LAYER CAKE

$1\frac{1}{2}$ cups uncooked prunes	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups sugar	1 teaspoon mace
$\frac{3}{4}$ cup shortening	1 teaspoon cinnamon
3 eggs	$1\frac{1}{2}$ teaspoons soda
$2\frac{3}{4}$ cups flour	$\frac{3}{4}$ cup strong coffee

Rinse prunes, boil 10 minutes in water to cover, drain, pit and chop. Cream sugar and shortening thoroughly, add slightly beaten eggs. Add prunes and mix. Sift flour once, measure, and sift again with salt, spices and $\frac{1}{2}$ teaspoon soda. Add to first mixture and blend well. Dissolve remaining teaspoon of soda in the coffee and add, beating well. Pour into 3 well greased layer cake pans and bake in moderate 375 degree oven 25 minutes.

SMALL CAKES AND COOKIES

CUP CAKES

Follow recipe for Standard Two Egg Cake. Fill greased muffin pans two-thirds full and bake in 375 degree oven, 20 minutes.

OLD-FASHIONED MOLASSES COOKIES

- | | |
|-------------------------------|----------------------|
| 1 cup butter or margarine | 2½ cups sifted flour |
| ⅔ cup sugar | 2 teaspoons soda |
| 1 cup molasses | 1 teaspoon ginger |
| ¼ cup sour milk or buttermilk | ½ teaspoon salt |

Cream shortening thoroughly, add sugar gradually and cream until light and fluffy. Add molasses and milk, mixing well. Sift flour once, measure, add soda, ginger and salt and sift again. Add flour to first mixture and blend thoroughly. Chill. Roll dough out thin and cut with floured cookie cutter. Bake on greased baking sheet in 375 degree oven about 8 minutes. Makes 4 dozen 2½-inch cookies.

ECONOMICAL BROWNIES

- | | |
|-----------------------------------|--------------------------|
| 1 cup sugar | 1 teaspoon vanilla |
| 2 tablespoons butter or margarine | 1 cup flour |
| 2 squares melted chocolate | 1 teaspoon baking powder |
| 1 cup milk | 1 cup nut meats, broken |
| 1 egg | |

Cream butter, add sugar and cream well. Add melted chocolate. Add egg and vanilla to milk. Sift flour once, measure, add baking powder and sift again. Add nut meats to flour mixture. Combine two mixtures and pour into a shallow greased baking pan. Bake in 375 degree oven, 30 minutes. Cut into squares.

DATE-NUT COOKIES

- | | |
|---------------------------|-----------------------------|
| ½ cup butter or margarine | ½ teaspoon soda |
| 2 cups brown sugar | 1 teaspoon salt |
| 2 eggs | 1 cup chopped nut meats |
| 3½ cups sifted flour | 1 cup pitted dates, chopped |
| 2 teaspoons baking powder | 1 teaspoon vanilla |

Cream shortening, add sugar gradually and cream until light and fluffy. Add eggs and beat well. Sift flour once, measure, add baking powder, soda and salt and sift again. Add gradually to creamed mixture, mixing well. Add flavoring, nut meats and dates. Form dough into rolls 2 inches in diameter. Wrap in waxed paper and chill. Slice in thin slices and bake on greased cookie sheet in a moderate oven, 375 degrees, 8 to 10 minutes. Makes 10 dozen 2-inch cookies.

OATMEAL DROP COOKIES

- | | |
|---------------------------|----------------------------------|
| ¾ cup sifted flour | ¼ Cup brown sugar, firmly packed |
| 1 teaspoon baking powder | 1 egg, well beaten |
| ¼ teaspoon nutmeg | 1 cup raisins, chopped |
| ¼ teaspoon salt | 1 cup oatmeal |
| ½ cup butter or margarine | ⅓ cup milk |

Sift flour once, measure, add baking powder, nutmeg, and salt and sift again. Cream shortening, add sugar gradually and cream until light and fluffy. Add egg and raisins.

Add oatmeal. Add flour, alternately with milk, a small amount at a time, mixing well. Drop from a teaspoon on an ungreased baking sheet, and bake in a moderate oven, 350 degrees, 15 minutes. Makes 24 cookies.

PEANUT DROP COOKIES

- | | |
|------------------------------|-------------------------------------|
| $\frac{1}{2}$ cup shortening | 2 teaspoons baking powder |
| 1 cup sugar | $\frac{1}{2}$ teaspoon salt |
| 2 eggs | $\frac{1}{4}$ cup milk |
| 2 cups sifted flour | $1\frac{1}{2}$ cups chopped peanuts |

Cream together shortening and sugar. Add beaten eggs and blend thoroughly. Sift flour, measure, add baking powder and salt and sift again. Add alternately with milk to creamed mixture. Add nuts and mix only enough to blend. Drop by teaspoonfuls onto greased baking sheet. Bake in moderately hot oven, 400 degrees, about 10 minutes. Makes 8 dozen $1\frac{1}{2}$ -inch cookies.

FILLINGS AND FROSTINGS

LEMON FILLING

- | | |
|-------------------------|--|
| $\frac{3}{4}$ cup sugar | 1 egg, well beaten |
| 4 tablespoons flour | 2 tablespoons butter or margarine |
| Dash of salt | $\frac{1}{4}$ cup lemon juice |
| $\frac{1}{2}$ cup water | $\frac{1}{2}$ teaspoon grated lemon rind |

Mix sugar, flour and salt in top of double boiler. Add water and egg and mix well. Place over boiling water and cook, stirring constantly, about 10 minutes or until thickened. Remove from heat, add butter, lemon juice and rind. Cool. Spread between thoroughly cool layers of cake.

SEVEN-MINUTE FROSTING

- | | |
|---------------------------|---|
| 2 egg whites, unbeaten | 5 tablespoons water |
| $1\frac{1}{2}$ cups sugar | $1\frac{1}{2}$ teaspoons light corn syrup |
| 1 teaspoon vanilla | |

Combine egg whites, sugar, water and corn syrup in top of double boiler. Beat with rotary beater until thoroughly mixed. Place over boiling water, beat constantly with rotary beater and cook 7 minutes, or until frosting will stand in peaks. Remove from heat, add vanilla and heat until thick enough to spread. Makes enough to cover tops and sides of two 9-inch layers or 2 dozen cup cakes.

COCONUT FROSTING

Use recipe for Seven-Minute Frosting. Spread on tops and sides of cool layers, then sprinkle generously, while frosting is still soft, with shredded coconut.

CARAMEL FROSTING

- | | |
|--|--------------------------|
| $1\frac{1}{2}$ cups brown sugar, firmly packed | $1\frac{1}{2}$ cups milk |
| $1\frac{1}{2}$ cups granulated sugar | 2 tablespoons butter |

Combine sugars and milk and bring to a boil, stirring constantly. Then boil without stirring until a small amount forms a soft ball in cold water, (232 degrees on candy thermometer). Add butter, cool and beat until of right consistency to spread.

CHOCOLATE FROSTING

3 squares unsweetened chocolate
 1½ cups milk
 3 cups sugar

Dash of salt
 3 tablespoons light corn syrup
 3 tablespoons butter or margarine

1½ teaspoons vanilla

Add chocolate to milk and place over low heat. Cook until mixture is smooth and blended, stirring constantly. Add sugar, salt and syrup, stir until sugar is dissolved and mixture boils. Then cook without stirring until a small amount forms a soft ball in cold water, (232 degrees on candy thermometer). Remove from heat, add butter and vanilla, and cool to lukewarm. Then beat until mixture is of right consistency to spread. It may be necessary to place pan in hot water to keep it soft while spreading. Makes enough frosting to cover tops and sides of two 9-inch layers or 2 dozen cup cakes. Chopped nut meats may be added to the frosting, or halves of nut meats used for garnish while frosting is still soft.

★ ★ CEREALS ★ ★

The average homemaker gives not much thought to cereals, though as a class they have been depended upon since very ancient times as a staple article of food. Cereals are named for Ceres, the Roman goddess of agriculture, which indicates the importance the ancients attached to them. The whole grain cereals are the most important natural source of the B group of vitamins and the whole class of cereals is nutritious and economical. Oatmeal and whole wheat cereals, and brown or unpolished rice are among the most valuable cereals. Unfortunately corn, which we use so widely in the south, is not one of the best grains from a vitamin point of view, though as a starch it is a good energy food.

COOKING CEREALS

Cereals are starchy foods and as such require thorough cooking. The cooking time may be shortened by soaking several hours or overnight, but if soaked the cereal should be cooked in the water in which soaked. Cooking cereals in top of double boiler lessens danger of scorching and develops good flavor. Start cooking the cereal over direct heat, then place over boiling water to continue cooking.

Sprinkle cereal into rapidly boiling salted water and stir until thoroughly mixed and boiling again, about 5 minutes. Then place over boiling water and cook until well done.

TO SERVE CEREALS

Just before serving stir into cereal dried cooked fruit such as prunes, dates, figs, apricots or raisins.

Or top servings with any fresh fruit or berries.

Serve with brown sugar or molasses for sweetening.

Turn creamy cooked cereal into small molds and chill. Unmold and serve with fruit sauce, fresh fruit or berries and cream.

Cereals have values other than as a breakfast or supper dish. They may be used to extend meats or as a thickening agent for soups, in cookies, muffins, and griddle cakes.

These breakfast sausages are an example of meat extending with cereal:

SAUSAGE PATTIES

- | | |
|------------------------------------|-------------------------------|
| 1 pound sausage meat | 1 teaspoon salt |
| 1 cup quick-cooking oats, uncooked | $\frac{1}{4}$ teaspoon pepper |
| $\frac{2}{3}$ cup water. | $\frac{1}{4}$ teaspoon sage |

Combine all ingredients thoroughly. Shape into patties and chill. Dip in beaten egg and then in crumbs or cornmeal. Fry slowly in frying pan, about 15 minutes or until well done.

★ ★ CHEESE ★ ★

Cheeses, particularly the whole-milk types such as American cheddar, should be included in the diet as often as possible, even under rationing for they supplement the milk intake, supplying excellent quantities of tooth and bone-building calcium. Always cook cheese at a low temperature. Too much heat toughens cheese and makes it stringy.

AMERICAN MACARONI AND CHEESE

- $\frac{1}{2}$ package elbow or broken macaroni (uncooked)
- $\frac{1}{2}$ pound sharp American cheese
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ teaspoon Worcestershire sauce
- Dash of cayenne
- Buttered crumbs or grated cheese for topping.

Cook macaroni in rapidly boiling salted water. Drain. Melt cheese over low heat in top of double boiler. Gradually add the milk stirring well after each addition. Add seasonings. Place macaroni in a casserole and pour the sauce over it, mixing with a fork. Cover with crumbs or grated cheese and bake in moderate oven, 350 degrees, 15 minutes. Spaghetti, noodles or rice may be used instead of macaroni.

CHEESE SOUFFLE

- | | |
|-----------------------------------|---|
| 2 tablespoons butter or margarine | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons flour | Dash of cayenne |
| $\frac{3}{4}$ cup hot milk | $\frac{1}{2}$ pound sharp American cheese |
| 4 eggs | |

Melt butter, blend in flour until smooth, gradually add milk and seasonings. Cook over low heat, stirring until smooth and thickened. Add the sliced or shredded cheese, and stir until melted and blended. Add beaten egg yolks. Cool. Fold in stiffly beaten egg whites, and pour into greased casserole. Bake in slow oven, 325 degrees, about 1 hour, or until set and lightly browned. Serve at once.

WELSH RAREBIT

- | | |
|------------------------|---|
| 1 tablespoon butter | Dash of cayenne |
| 1 teaspoon flour | $\frac{1}{2}$ teaspoon dry mustard |
| $\frac{1}{2}$ cup milk | $\frac{1}{2}$ teaspoon Worcestershire sauce |
| Salt | $\frac{1}{2}$ pound American cheese, grated |

Melt butter, blend in flour, and gradually add the milk, stirring and cooking until smooth and thickened. Add seasonings. Then add the grated cheese and stir until

melted and blended. Serve hot on toast. Each serving may be garnished with a strip of crisp bacon.

CHEESE CROQUETTES

3 tablespoons butter or margarine	2 egg yolks
$\frac{1}{8}$ cup flour	$\frac{1}{4}$ teaspoon salt
$\frac{1}{8}$ cup milk	$\frac{1}{4}$ teaspoon paprika
1 $\frac{1}{2}$ cup American cheese cut in small pieces	

Melt butter, blend in flour, then add milk gradually, stirring and cooking slowly until smooth and thickened. Add beaten egg yolks, then cheese. Remove from heat and when cool, shape into small balls and fry in deep hot fat to a golden brown.

★ ★ DESSERTS ★ ★

To many persons the dessert is the best part of a meal. In a well-planned meal the dessert provides a fitting climax, leaving a feeling not of surfeit, but of well-being. A light dessert should follow a heavy meal, but where the meal is light, the dessert should be more ample, providing nourishment and a filling quality. Custards, sherbets, simple ice creams, and fruits are light desserts; steamed puddings, creams with rich sauces, and pies are heavier desserts.

TO WHIP EVAPORATED MILK

Open can and pour into a freezing tray. Chill until milk begins to frost around the edges. Pour into a chilled bowl and whip.

Evaporated milk also may be whipped by adding gelatin. Soak 1 tablespoon plain gelatin in 1 tablespoon cold water. Scald undiluted milk in top of double boiler, add softened gelatin and stir until dissolved. Chill milk thoroughly, then whip. Add sugar, lemon juice or vanilla as desired, according to dessert the whipped cream is to accompany.

BAKED APPLES

Wash apples thoroughly, and dry them. Core from stem end, but leave a plug in bottom to hold juice. Fill apple cavity with sugar, brown sugar, honey or syrup. Put a small amount of water in bottom of pan, and place in moderate oven. Bake until very soft. Cinnamon, or nutmeg may be lightly sprinkled over apples, and raisins, dates, prunes or nut meats may be used for filling cavity, if desired.

BOILED CUSTARD

2 eggs, slightly beaten	3 tablespoons sugar
Dash of salt	2 cups milk, scalded
$\frac{1}{2}$ teaspoon vanilla	

Combine eggs, salt and sugar in top of double boiler. Gradually stir in hot milk and cook over boiling water about 5 minutes or until mixture coats the spoon. Stir constantly. Add vanilla and cool quickly by setting pan in cold water.

BAKED CUSTARD

1 quart milk	$\frac{1}{8}$ cup sugar
4 eggs, slightly beaten	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ teaspoon vanilla	

Scald milk. Combine eggs, sugar and salt. Add scalded milk slowly, stirring to mix well. Add vanilla. Pour into casserole or individual baking cups, set these in pan of hot water and place in a moderate oven, 350 degrees. Bake 25 or 30 minutes or until set. Sprinkle lightly with grated nutmeg, if desired.

ORANGE CREAM

Mix 1 package orange gelatin with 1 cup hot water and stir until dissolved. Add 1 cup orange juice, the grated rind of $\frac{1}{2}$ orange, 1 tablespoon lemon juice and chill until slightly thickened. Beat with rotary beater until fluffy, adding $\frac{1}{2}$ cup well chilled cream gradually, beating all the time. Line a fancy mold with orange sections, pour gelatin mixture over, and chill until firm. Turn out on serving plate and garnish with whipped cream or serve with fruit sauce.

CHARLOTTE RUSSE

- | | |
|---------------------------------|--------------------------|
| 2 cups milk | 2 tablespoons cold water |
| $\frac{1}{4}$ cup sugar | 1 teaspoon vanilla |
| $\frac{1}{8}$ teaspoon salt | 1 cup cream or undiluted |
| 2 eggs | evaporated milk, whipped |
| 1 tablespoon unflavored gelatin | |

Heat milk in top of double boiler. Beat eggs, add sugar and blend. Add salt. Pour hot milk gradually into egg mixture, stirring constantly. Cook over hot water until slightly thickened, stirring constantly. Remove from heat, and stir in gelatin which has been softened in the cold water. Stir to mix well. Add vanilla and chill. When cool fold in the cream, whipped. Serve in sherbet glasses with cake or cookies.

VANILLA ICE CREAM

- | | |
|--------------|----------------------------------|
| 4 egg yolks | $\frac{1}{2}$ cup sugar |
| 2 cups milk | 1 cup evaporated milk, |
| Dash of salt | chilled and whipped |
| | $1\frac{1}{2}$ teaspoons vanilla |

Mix egg yolks, sugar and salt in top of double boiler. Gradually add scalded milk, stirring to blend, and cook over boiling water until mixture coats a spoon. Add vanilla and chill. When thoroughly chilled fold in whipped cream and pour into freezing tray. Freeze three to four hours.

PINEAPPLE SHERBET

- | | |
|-----------------------------------|--|
| 1 pint milk | 1 tablespoon lemon juice |
| $\frac{1}{2}$ cup pineapple juice | $\frac{1}{2}$ teaspoon grated lemon rind |
| | $\frac{1}{2}$ cup sugar |

Combine all ingredients, mixing well. Pour into freezing tray and freeze until partly set. Scrape out into a bowl and whip until light and creamy. Return to tray and finish freezing.

CHOCOLATE REFRIGERATOR CAKE

- | | |
|--------------------------------|----------------------------------|
| 30 lady fingers or finger | 3 eggs, separated |
| lengths of sponge cake | 3 tablespoons sugar |
| 2 cakes sweet chocolate | 2 cups cream or evaporated milk, |
| 3 tablespoons evaporated milk, | chilled and whipped |
| undiluted | |

Line a mold with cake or lady fingers. Melt chocolate in top of double boiler, add milk, sugar and egg yolks, beaten. Cook over hot water, stirring constantly until

mixture is thick and smooth. Cool. When thoroughly cool, fold in whipped cream or milk and stiffly beaten egg whites. Pour filling into mold and chill in refrigerator until firm. This is better made the day before it is to be used.

CREAMY RICE PUDDING

$\frac{1}{2}$ cup uncooked rice
3 cups scalded milk
1 teaspoon salt

4 eggs, separated
 $\frac{1}{4}$ teaspoon lemon rind
 $\frac{1}{2}$ cup sugar

Add rice gradually to 2 cups of the scalded milk in top of double boiler, stirring. Add salt and cook over boiling water until rice is tender, about 1 hour, stirring occasionally. Beat egg yolks and 2 egg whites together, add lemon rind, and half of sugar. To this mixture slowly add the remaining cup of scalded milk. Fold the cooked rice into this mixture, being careful not to mash it too much. Turn into a buttered casserole, set dish in pan of hot water and bake in 350 degree oven, about 20 minutes. Beat the remaining egg white until stiff, and add to it the remaining sugar. Spread meringue over pudding and brown meringue in slow oven, 250 degrees. Serve hot or cold.

BREAD PUDDING

3 slices stale bread
Butter
 $\frac{1}{3}$ cup jam

2 eggs, slightly beaten
1 tablespoon sugar
Dash of Salt

2 cups milk, scalded

Spread bread with soft butter or margarine and jam. Cut into squares and place in buttered baking dish. Combine eggs, sugar, and salt. Add scalded milk gradually, stirring constantly and blending well. Pour mixture over bread. Set dish in pan of hot water, and bake in moderate oven about 1 hour, or until pudding is set.

DESSERT SAUCES

LEMON SAUCE

$\frac{1}{2}$ cup sugar
2 tablespoons flour
Grated rind and juice of $\frac{1}{2}$ lemon

2 tablespoons butter or margarine
1 cup boiling water
Dash of salt

Combine sugar, salt and flour in top of double boiler. Add boiling water and cook, stirring until thick and clear. Remove from heat and add butter and lemon rind and juice.

BUTTERSCOTCH SAUCE

1 cup brown sugar
1 tablespoon vinegar
 $\frac{1}{8}$ teaspoon salt

4 tablespoons butter or margarine
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ teaspoon vanilla

Combine sugar, vinegar, water, and salt in top of double boiler. Cook over hot water, stirring frequently until mixture is smooth and thickened. Add vanilla.

CHOCOLATE SAUCE

$2\frac{1}{2}$ squares unsweetened chocolate
 $\frac{1}{2}$ cup water

$\frac{3}{4}$ cup sugar
Dash of salt

Add chocolate to water and bring to a boil, stirring constantly. Add sugar and salt and cook about 10 minutes over moderate heat, stirring constantly.



EGGS



An egg is one of the most highly concentrated of foods. Two eggs have the equivalent nutritive value of a third pound of beef. Because of the excellent concentration of vital elements within its shell, the egg is classed as a "protective food." A child should have an egg a day, and an adult should have eggs several times a week, at least. The white of an egg contains albumen in its purest form, while the yolk is valuable not only for its minerals but for its storage of the sunshine vitamin D. The amount of vitamin D contained in the yolk varies with climates and according to how much the hens are exposed to direct sunlight. Nevertheless, the egg yolk is one of the few common foods that can be counted upon as a source of the sunshine vitamin.

EGG COOKERY

It is important to cook eggs at low temperature. High temperatures toughen eggs and make them less digestible. A "hard-boiled" egg should never be boiled, consequently home economists have substituted the term "hard-cooked" for this type of egg.

TO HARD COOK EGGS

Place desired number of eggs in a large saucepan. If eggs are very cold, add cold water and bring gently to the boiling point but do not boil. At this point, remove eggs from heat, cover pan and let eggs stand 40 to 45 minutes. Then plunge in cold water to cool quickly.

POACHED EGGS

Heat small amount of water in a shallow pan to the boiling point. Break one egg at a time into a saucer and carefully slip it into the boiling water. When all eggs are in, cover pan, remove from heat and let stand until eggs are set. Sprinkle with salt and pepper.

CREAMY SCRAMBLED EGGS

Break eggs, according to number to be served, into a bowl. Beat slightly. Add 1 tablespoon milk for each egg, and sprinkle with salt. Melt butter or fat in skillet or in top of double boiler. Add eggs and cook slowly until eggs are set, stirring as eggs thicken.

SHIRRED EGGS

Grease individual baking dishes, sprinkle soft bread crumbs over bottom and slip an egg into each dish. Sprinkle each with salt and pepper and dot with butter. Bake in a moderate oven, 350 degrees, 15 to 20 minutes, or until eggs are firm as desired. A strip of bacon may be arranged around edge of dish before baking, if desired.

PLAIN OMELET

6 eggs
 1/2 teaspoon salt
 Dash of pepper

3 tablespoons water
 3 tablespoons butter
 or margarine

Beat eggs until well mixed, then add seasonings and water and mix again. Melt butter or margarine in a pan over moderate heat. Pour eggs into the pan. As the eggs set, lift up edges and tip the pan so that the uncooked egg flows under the cooked portion. When bottom is browned, and eggs are set, fold over halfway and slip omelet onto a hot serving platter.



MEATS



Meat is the article of food around which we build most of our meals. The kind of meat determines what vegetables, salad and dessert that will accompany it. Meat and milk are our principal sources of protein, the muscle and tissue builders, and meat furnishes some of our most important minerals in good quantity, namely iron.

Practically all meats except the tenderest steaks and chops which can be quickly broiled, should be cooked at moderate temperatures. Prime ribs of beef, pork loin, leg of lamb, shoulder of lamb, hams, almost all veal and other tender cuts are best cooked in dry heat, in other words, roasted. Roasted at an even moderate temperature the meat shrinks less, is juicier and more flavorful. Less tender cuts, rump, chuck, shank, for example because they have more connective tissue, are best pot roasted, that is, cooked in moist heat. Meat is said to be braised when it is first browned in a little fat, then covered and cooked until tender in its own juices or with a small amount of some liquid added. Stews are made from less tender cuts. The meat first is cut in serving pieces, browned, then cooked gently in a small amount of liquid until tender. Vegetables, potatoes, noodles or dumplings may be added during the last half-hour of cooking.

The tender cuts of beef may be cooked according to preference, rare, medium done, or well done. Veal should be well done, lamb, medium or done, and all pork should be thoroughly done.

TIME TABLE FOR ROASTING MEAT

Oven Temperatures 325 degrees F.

	Minutes per lb.	Minutes per lb.
BEEF: Standing ribs, rare.....	3 to 5 lbs.	6 to 8 lbs.
medium.....	26 minutes	22 minutes
well done.....	30 minutes	26 minutes
well done.....	35 minutes	33 minutes
Rolled Rib Roast add 5 to 10 minutes per pound.		
PORK : Leg.....	45 to 50 minutes	40 minutes
Rib and Loin.....	35 to 40 minutes	35 minutes
Shoulder.....	40 minutes	35 minutes
Boston Butt.....	50 to 55 minutes	—
LAMB: Leg, medium.....	35 minutes	30 minutes
Well done.....	40 minutes	35 minutes
Crown roast, well done.....	45 minutes	
Shoulder, well done.....	35 minutes	
Boneless roll, well done.....	40 minutes	
VEAL: Leg.....	35 to 40 minutes	30 minutes
Loin.....	35 minutes	30 minutes
Shoulder.....	40 minutes	40 minutes
Boneless roll.....	45 minutes	40 minutes
Cured and Smoked Hams Oven Temperature 325 F.		
		Minutes per lb.
Half hams 6 to 8 pounds.....		22 minutes
10 to 12 pounds.....		18 minutes
12 pounds and over.....		15 minutes

To Roast Meat in Dry Heat: Wipe meat with damp cloth, season with salt and pepper and place on a rack in an open roasting pan. Add no water and do not cover the pan. Set oven control and leave it at same temperature through entire roasting time. Meat such as pork loin will be richer brown if rubbed with flour before cooking.

CHICKEN

The superior values of chicken are derived from the fact that it is an excellent protein, a valuable tissue-builder suitable for both adults and children, and that it is greatly relished by most persons. A food that has unusual appetite appeal is valuable for that reason, too, for it stimulates the flow of gastric juices, aiding digestion of all foods and sharpens a flagging appetite.

The secret of good poultry cookery is low heat. High temperatures toughen proteins. Regardless of the age and size of a chicken, turkey, duck or other bird, a low temperature cooks evenly, helps keep moisture in the meat, and there is less shrinkage.

TO ROAST CHICKEN

To prepare bird for roasting rub cavity with salt ($\frac{1}{8}$ teaspoon per pound of bird.) Place enough dressing in neck to fill it out smoothly, fasten neck skin to back with toothpick or skewer. Stuff body cavity with dressing, but don't pack it, fastening opening with skewers or lace with a cord or heavy thread. Shape wings and fasten to sides. Tie drumsticks together at the ends. Brush bird all over with melted fat and keep in coldest part of refrigerator until ready to cook. To Roast: Place bird, breast down on a rack in a shallow baking pan. Cover bird with a cloth dipped in melted fat. Set oven at moderate or 325 to 350 degrees. Turn bird breast side up when half done. Spoon fat from pan to moisten cloth if necessary during roasting. Do not add water to the pan and do not cover except with the fat-moistened cloth.

TIME-TABLE FOR ROASTING

3½ to 4 pound fowl	350 degree oven	40 to 45 minutes per pound
4 to 5 pound fowl	325 degree oven	35 to 40 minutes per pound
5 to 6 pound fowl	325 degree oven	30 to 35 minutes per pound

This time is based on a chilled bird taken from the refrigerator.

TO BRAISE CHICKEN

Disjoint chicken, rub pieces with seasoned flour, (as for frying) and brown in a small amount of fat in skillet. Add $\frac{1}{4}$ cup water, cover pan closely and cook over low heat 1½ to 3 hours depending upon size and age of bird. Add more water, in small amounts at a time, if necessary during cooking. Rice or vegetables may be added to chicken during last half hour of cooking if desired.

CREAMED CHICKEN

1½ cups cooked diced chicken	1 cup rich milk
3 tablespoons chicken fat (or butter)	½ teaspoon paprika
4 tablespoons flour	⅛ teaspoon pepper
1 cup stock or water	½ teaspoon salt
	1 teaspoon scraped onion (optional)

Melt fat, add flour and stir over low heat until blended. Add cold stock or water and milk all at once. Stir and cook over low heat until thickened and smooth. Set over hot water, add chicken and heat thoroughly. Serve very hot in timbales on toast points or shortcake fashion on squares of hot cornbread.

TO FRY CHICKEN

Disjoint a 3 to 3½ pound fryer to give 2 drumsticks, 2 thighs, 2 wings, 2 or 3 pieces of breast, 2 or 3 pieces of back and the neck. Chickens under 3 pounds may

be halved or quartered. Prepare a coating mixture of $\frac{3}{4}$ cup flour, $\frac{3}{4}$ teaspoon salt, and $\frac{1}{8}$ teaspoon pepper. Rub flour mixture well into the chicken, and set aside any leftover for the gravy.

Heat enough fat in a heavy skillet to give a depth of about one-half inch. Use any cooking fat, vegetable oil, lard, fat or half fat, half butter. Heat the fat but not too hot, (smoking is too hot) and place meaty pieces in first, bony pieces in between. As soon as chicken begins to brown, reduce heat, cover and cook slowly until chicken is tender, 35 to 60 minutes, according to size, turning occasionally to brown evenly. Uncover the last 15 minutes to re-crisp chicken.

CHICKEN GRAVY

3 tablespoons fat
3 tablespoons flour

2 cups stock, milk or water
Salt and pepper as needed

After frying chicken, pour fat from frying pan, keep the bits of crumbs in the pan, then measure back into the pan 3 tablespoons of the fat. Blend in the flour, thoroughly. Cook over low heat until frothy. Add cold liquid all at once. Cook, stirring constantly until thickened and smooth. Boil briskly about 5 minutes, seasoning with salt and pepper to taste.

BARBECUED CHICKEN

Barbecue Sauce: $1\frac{1}{2}$ to $2\frac{1}{2}$ pound young chicken (broiler)

1 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper
1 tablespoon paprika
1 tablespoon sugar
1 medium onion, chopped fine

1 cup tomato puree or catsup
 $\frac{1}{3}$ cup fat
 $\frac{1}{2}$ cup hot water
 $\frac{1}{3}$ cup lemon juice or vinegar
1 tablespoon Worcestershire sauce

Blend salt, pepper, paprika and sugar in saucepan. Add onion, tomato or catsup, fat and water. Heat to boiling. Remove from heat, add lemon juice and Worcestershire sauce.

Cut chicken in half or quarters. Arrange in shallow baking pan. Brush with hot barbecue sauce, cover and bake in moderate oven 350 degrees, until about half done. Uncover, continue cooking and baste frequently with hot barbecue sauce until chicken is tender and browned. Total cooking time 1 to $1\frac{1}{2}$ hours, depending upon size.

CHICKEN BRUNSWICK STEW

1 chicken, weighing about 3 pounds,
cut in pieces
1 teaspoon salt
 $\frac{1}{2}$ cup onion, chopped
 $1\frac{1}{2}$ cups green lima beans
2 cups canned or stewed tomatoes
 $1\frac{1}{2}$ cups canned corn
 $\frac{1}{8}$ teaspoon pepper
1 teaspoon Worcestershire sauce

Cover chicken with hot water and simmer gently until very tender. Remove from liquid and pick meat from the bones, return meat to the liquor. Add vegetables and seasonings and simmer gently until vegetables are tender and the stew is thick. Serves 6.

FISH

Fish and seafoods are our best natural source of iodine and phosphorus. In addition, salmon is a good source of the sunshine Vitamin D. "Fish once or twice a week" is a good rule to follow in meal-planning.

PAN FRIED FISH

Cut prepared fish in suitable serving pieces, sprinkle with salt and roll in cornmeal. Place in hot fat, about $\frac{1}{2}$ inch deep, and cook over moderate heat until fish is well browned on both sides. Serve with tomato or tartar sauce.

BROILED FISH

Place prepared fillets on greased broiler rack or shallow baking pan. Brush with melted margarine or fat, sprinkle lightly with salt, pepper and lemon juice, and broil under moderate heat until fish is nicely browned.

BAKED FILLETS

Dip large fillets in milk, then in crumbs and place in greased baking pan. Sprinkle with salt and pepper, pour a little melted butter over fish and bake in moderate oven, 375 degrees, 25 to 30 minutes, depending upon thickness of fish. If a lean, white variety of fish lay strips of bacon across it while baking. Or fish may be baked in a well seasoned tomato sauce.

SALMON LOAF

1 No. 1 can salmon
1½ cups soft bread crumbs

2 hard cooked eggs, cubed
1 cup thick white sauce

(See page 31 for making)

Flake salmon. Mix with remaining ingredients. Place in a greased loaf pan and bake in 375 degree oven 30 minutes.

ESCALLOPED SALMON AND PEAS

3 tablespoons butter or margarine
3 tablespoons flour
1½ cups milk

Salt and pepper
1 No. 1 can salmon
1 No. 2 can green peas

1 cup dry bread crumbs

Melt butter, and blend with flour. Add milk and cook over low heat until smooth and thickened, add salmon and drained peas. Use pea liquid instead of milk in making sauce if desired. Arrange in greased baking dish in alternate layers with bread crumbs, beginning with salmon mixture and having crumbs on top. Bake in 375 degree oven, 35 to 40 minutes.

TO COOK SHRIMPS

Wash shrimps in cold water, then drop in rapidly boiling salted water, add 2 bay leaves, a stalk of celery, and a sprig of parsley. Cook 15 to 20 minutes, or until shells turn pink. Drain, cover with cold water, to cool. When cool, remove shells and the intestinal vein running along the back. Shrimps may be cooked in boiling salted water without the vegetable seasonings, 1 pound fresh shrimp yields 2 cups cooked shrimp. Allow 1½ to 2 pounds for 6 servings.

SHRIMPS CREOLE

3 cups hot boiled rice
2 tablespoons fat
2 onions, sliced
4 stalks celery, chopped
1 tablespoon flour
1 teaspoon salt

2 cups tomatoes
1 tablespoon vinegar
1 teaspoon sugar
2 cups cooked shrimp
2 tablespoons chili powder
1 cup water

Cook onions and celery in fat until lightly browned. Add flour and seasonings and blend. Slowly add the water. Cook 15 minutes over moderate heat. Add tomatoes, vinegar, sugar and shrimps. Cook 10 minutes longer, or until shrimps are well heated. Serve over hot rice.

FRIED OYSTERS

- | | |
|---------------------------|---------------------|
| 3 dozen large oysters | 2 eggs, well beaten |
| 1 cup fine cracker crumbs | Salt and pepper |
| or corn meal | Cooking oil or fat |

Drain oysters and press between absorbent towels. Season oysters with salt and pepper, dip in beaten eggs, then in dry crumbs or meal. Fry in a single layer in frying pan or in deep hot fat. Cook to a golden brown.

POT ROAST OF BEEF WITH VEGETABLES

- | | |
|---|------------------------------------|
| 4 pounds beef (heel of round,
chuck, rump, clod, etc.) | $\frac{1}{4}$ cup fat or drippings |
| $\frac{1}{4}$ cup flour | $\frac{1}{2}$ cup hot water |
| 2 teaspoons salt | Carrots, onions, potatoes, |
| $\frac{1}{8}$ teaspoon pepper | celery or turnips |

Wipe meat with a damp cloth, dredge with flour to which salt and pepper has been added. Heat fat in heavy kettle and slowly brown the meat on all sides. When meat is browned, add $\frac{1}{2}$ cup hot water, turn heat very low and cook meat about 3 hours, adding a small amount of water at a time if needed. Though there should never be more than half a cup of water at any time. Thirty minutes before serving time place carrots, small whole onions, potatoes, 4-inch pieces of celery or other vegetables desired around the meat. Turn vegetables once to cover with juice. Lift meat to a hot platter, arrange vegetables around it and serve with gravy left in kettle. If desired, thicken gravy with a little flour.

SAVORY STUFFED VEAL

- | | |
|---------------------------------------|------------------------------------|
| 1 slice veal $\frac{1}{4}$ inch thick | 2 teaspoons chopped parsley |
| 1 quart stale bread crumbs | Dash of pepper |
| 2 teaspoons salt | $\frac{1}{4}$ cup fat or drippings |
| 2 teaspoons marjoram | 3 tablespoons minced onion |
| 2 teaspoons chopped celery | Flour |

Evaporated milk, undiluted

Combine bread crumbs, salt, marjoram, celery, parsley and pepper. Melt fat in skillet, add the onion and cook gently about 5 minutes. Add the bread mixture and continue cooking until crumbs are lightly browned. Spread this mixture on the veal, then roll it up tightly and fasten with skewers or tie with a string. Dredge the roll with seasoned flour and brown it on all sides in skillet. Place it in a casserole or baking pan, almost cover it with undiluted evaporated milk, cover closely and bake in moderate oven 1 hour or until tender. This is delicious served hot, but it is good, too, thin sliced, cold. A slice of round steak may be used instead of the veal.

MEAT LOAF

- | | |
|----------------------------------|---|
| 1 pound beef, ground | 1 medium onion, minced |
| $\frac{1}{2}$ pound pork, ground | 1 tablespoon salt |
| $\frac{1}{2}$ pound veal, ground | $\frac{1}{4}$ teaspoon pepper |
| 4 slices bread | 2 eggs |
| $\frac{1}{2}$ cup water, or milk | $\frac{1}{2}$ cup chili sauce or catsup |

Mix meats thoroughly with bread which has been soaked in the water or milk. Add seasonings and beaten eggs. Pack into a well greased loaf pan, spread with the catsup or chili sauce and bake in a moderate oven, 375 degrees, 45 minutes.

BRAISED STEAK

Buy a thick piece of round steak, $3\frac{1}{2}$ to 4 pounds to serve 4 persons. Dredge with $\frac{3}{4}$ cup flour mixed with 2 teaspoons salt and $\frac{1}{2}$ teaspoon pepper. Pound flour into meat. Brown on both sides in 3 tablespoons fat or bacon drippings. Then add $2\frac{1}{2}$ cups canned or stewed tomatoes, 1 teaspoon Worcestershire sauce, 1 sliced onion, 1 chopped green pepper and 1 cup chopped celery. Cover pan closely and bake in 300 degree oven 3 hours. Potatoes may be added during last hour of cooking.

BEEF STEW WITH POTATO FRILL

$1\frac{1}{2}$ to 2 pounds boneless beef, (chuck, flank, shank, etc.)	1 bay leaf
2 tablespoons flour	4 whole cloves
2 tablespoons fat or drippings	2 teaspoons salt
1 cup chopped onion	4 carrots
2 cups boiling water	1 cup celery, sliced
	1 cup green peas

Cut meat in cubes and roll in flour. Brown slowly and thoroughly in hot fat, add onion and brown lightly. Then add water, salt, cloves and bay leaf. Turn heat very low, cover closely and simmer 2 hours. Add carrots, cut in strips, sliced celery and green peas. Add 1 cup of water if needed for vegetables, cover and cook 45 minutes longer or until meat and vegetables are tender. Remove meat and vegetables to a heat-proof serving platter or dish. Mix 2 tablespoons flour with 4 tablespoons cold water and stir into the gravy. Cook, stirring until thickened. Pour over the meat and vegetables. Place a ring of fluffy, mashed and seasoned potatoes around the edge of dish and place in oven or under broiler flame to heat thoroughly and brown peaks of potatoes.

DUMPLINGS

Dumplings may be added to this or any stew the last 15 minutes of cooking. To make dumplings.

$1\frac{1}{2}$ cups flour	1 egg
1 teaspoon salt	1 tablespoon shortening
1 tablespoon baking powder	$\frac{1}{2}$ cup milk

Sift flour once, measure and sift again with salt and baking powder. Beat egg until light. Add melted shortening and milk. Combine liquid and dry ingredients and stir only until flour disappears. Drop by spoonfuls on top of stew, cover kettle closely and steam 15 minutes. Do not lift cover while dumplings are steaming. Serve dumplings around meat and vegetables, sprinkled with finely chopped parsley or paprika.

BAKED HAM

Most hams that are sold under the trade names of large packing companies have been processed, and do not require parboiling or soaking before baking. Many have directions with them, and if so, follow directions on wrapper for baking the ham. To bake other hams, cover ham with a mixture of brown sugar mixed with flour, and place on a rack in an open roasting pan. Bake in a moderate oven, according to directions given in time tables on page 23.

Or ham may be placed in moderate oven, as is, and during last hour of baking may be basted with a syrup made of brown sugar, fruit juice and cloves. Ham may be decorated with pineapple slices, and the fruit syrup basted over decorations to glaze them. This during last hour of cooking time.

DEVEILED PORK FILLETS

- | | |
|--|--------------------------------------|
| 2 pork tenderloins, cut in 2-inch pieces | 1 1/2 teaspoons Worcestershire sauce |
| Salt and pepper | 1 teaspoon prepared mustard |
| 3 tablespoons fat or drippings | 1/4 cup finely minced onion |
| 4 tablespoons chili sauce or catsup | 1/4 teaspoon paprika |
| 1/3 cup boiling water | |

Flatten pieces of tenderloin, sprinkle with salt and pepper and saute in fat until browned. Place in baking pan or casserole, add remaining ingredients to drippings in pan, mix and pour over meat. Bake in moderate oven about 20 minutes. Pork chops may be prepared the same way. Cook until well done.

PORK CHOPS CASSEROLE

- | | |
|------------------------------------|--|
| 6 pork chops | 1 cup water |
| 1 teaspoon salt | 4 medium sweet potatoes, peeled and sliced |
| 1/8 teaspoon pepper | 1 teaspoon Worcestershire sauce |
| 4 medium apples, peeled and sliced | 1 medium onion, chopped |

Wipe chops and brown in a little fat in frying pan. Place in a large casserole, sprinkle with half the salt and pepper. Place apples and sweet potatoes in layers on chops and sprinkle with remaining salt and pepper. Saute onions in frying pan where chops were browned, add water and Worcestershire, mix and pour chops, apples and potatoes. Cover and bake in a moderate oven, 375 degrees, 1 1/2 hours.

LAMB STEW WITH VEGETABLES

- | | |
|-------------------------------|---------------------------|
| 2 pounds lamb shoulder, cubed | 6 medium carrots |
| 3 tablespoons fat | 6 medium onions |
| 1 cup water | 6 small wedges of cabbage |
| 1 pound string beans | Salt and pepper |
| 1/4 teaspoon marjoram | |

Brown meat in hot fat in large kettle. Add water, cover and simmer gently about 1 hour. Add vegetables and seasonings, cover and cook until vegetables and meat are tender. (Do not overcook. In a good stew the meat and vegetables are not soft, but in recognizable shapes.) Lift meat and vegetables to hot platter, thicken gravy if necessary, and serve with the stew. (Any combination of vegetables may be substituted for those given.)

BARBECUED MEATS

- | | |
|------------------------------------|---------------------------|
| Sauce: 1 medium onion | 2 tablespoons brown sugar |
| 2 tablespoons vinegar | 1 cup tomato catsup |
| 4 tablespoons lemon juice | 1 cup water |
| 3 tablespoons Worcestershire sauce | Salt and pepper |
| 2 tablespoons butter or margarine | Dash of cayenne |

Brown chopped onion in butter or margarine. Add other ingredients and simmer about 30 minutes. Place meat on rack in open roasting pan (pork loin, pork chops, shoulder or leg of lamb, spareribs, etc., are suitable cuts). Set oven at 350 degrees and baste meat frequently with the barbecue sauce. Cook until meat is well done.

VARIETY MEATS

The variety meats include tongue, brains, tripe, kidneys, liver, heart and sweetbreads. They are glandular meats and organs, as opposed to the muscle meats. These meat sundries are especially valuable for their mineral content, liver being the richest of all our foods in useable food iron. It is also an excellent source of Vitamin A, and a good source of B. Heart contains a good supply of copper, and these and other meat sundries contain needed amounts of certain other minerals, some of which are rare among foods.

PLANKED LIVER

Dip rather thick pieces of calf or young beef liver in melted margarine or butter and broil on greased rack or in frying pan until delicately browned on both sides. Arrange on hot greased heat-proof platter. Place a ring of well seasoned mashed potatoes around the platter, lay several slices of bacon over the liver, and place small white onions which have been boiled until tender around liver. Place heat-proof platter under broiler to cook the bacon and brown tips of potatoes and onions.

POT ROAST OF LIVER

Wash $\frac{3}{4}$ pound beef or pork liver in cold water. Drain and wipe dry. Sprinkle with 2 tablespoons flour mixed with $\frac{1}{2}$ teaspoon salt and pepper. Tie the liver in a compact, chunky piece. Melt 2 tablespoons bacon fat in a small deep saucepan and brown the liver quickly on all sides. Mix 2 tablespoons vinegar with 1 teaspoon dry mustard, $\frac{1}{2}$ teaspoon paprika, 2 tablespoons chopped parsley and 2 tablespoons chopped onion. Pour this over the liver. Cover pan closely and cook slowly 40 minutes. Cut 2 carrots in slices, 1 turnip in dice and separate half a small head of cauliflower into sections. Drop these on top of liver, sprinkle vegetables with salt and pepper, lightly. Cover pan and continue cooking 20 to 30 minutes or until vegetables are tender. Lift the liver carefully to a hot platter, remove the string, skim out the vegetables and arrange around the meat. Thicken gravy with 2 teaspoons flour mixed with a little cold water, and pour over meat.

LIVER LOAF

$1\frac{1}{2}$ pounds liver
 $1\frac{1}{2}$ cups bread crumbs
 1 onion, minced

2 eggs
 1 cup milk or liquor in
 which liver is simmered

Salt and pepper

Wipe liver with damp cloth, and simmer 10 minutes in small amount of water. Lift from water and put through food chopper. Soften crumbs in milk or liver liquor, and add to chopped liver. Add beaten eggs and mix. Add seasonings. Place in a well-greased baking pan and bake in moderate oven, 350 degrees, for $1\frac{1}{2}$ hours. Serve with tomato sauce.

BOILED TONGUE

Use beef, veal or pork tongue. Scrub tongue thoroughly and place in a large kettle, cover with boiling water, bring to a boil. Skim, and simmer, covered until tender, adding about $\frac{1}{2}$ teaspoon salt per pound if the tongue is a fresh one. (Add no salt if it is a smoked or cured tongue). Three to four hours should be allowed for cooking. When tongue is tender, let it cool in water in which cooked. Then remove skin and root ends. Serve hot or cold with any tart sauce.

KIDNEY STEW

- | | |
|-----------------------------------|-------------------------------|
| 3 beef kidneys | 2 teaspoons minced onion |
| 3 tablespoons butter or margarine | $\frac{3}{4}$ teaspoon salt |
| $\frac{1}{4}$ cup flour | $\frac{1}{8}$ teaspoon pepper |
| 2 cups water | Hot boiled rice |

Split kidneys; remove core, skin and hard membrane and cut into sections. Cover with cold salted water and soak 1 hour. Drain. Melt fat and cook kidneys in it 3 minutes, add flour and cook a few minutes longer or until browned. Add water, onion and seasonings. Cover and cook slowly 15 minutes. Serve on hot rice.

LEFT OVER MEATS

CROQUETTES

- | | |
|----------------------------------|----------------------------|
| 2 cups any ground left-over meat | 1 teaspoon catsup |
| 1 cup thick white sauce | 1 egg slightly beaten |
| 1 teaspoon chopped onion | 1 tablespoon milk or water |

Fine bread crumbs

Mix meat, white sauce and seasonings. Chill thoroughly. Shape into pyramids, balls or cutlets, roll in flour, then dip in egg mixed with water or milk. Roll in crumbs and fry in deep hot fat, 365 to 385 F, 3 to 5 minutes.

HASH

- | | |
|--|-----------------------|
| $1\frac{1}{2}$ cups cooked, chopped meat | 1 egg slightly beaten |
| 3 cups cooked potatoes, chopped | 1 tablespoon milk |
| $\frac{1}{4}$ cup chopped onion | Salt and pepper |
| 2 tablespoons bacon drippings | |

Mix meat, potatoes and onion. Add milk to beaten egg, add salt and pepper to taste and mix with meat and potatoes. Turn mixture into heavy skillet in which bacon fat has been melted. Cook over moderate heat until browned. Turn with spatula and brown other side. If desired, an egg for each person to be served may be placed in indentations made with a spoon in the hash. Cover skillet and cook over low heat until eggs are set.

MEAT AND VEGETABLE SAUCES

Cream or White Sauce

THIN

- 1 tablespoon butter
- 1 tablespoon flour
- $\frac{1}{4}$ teaspoon salt
- 1 cup milk

MEDIUM

- 2 tablespoons butter
- 2 tablespoons flour
- $\frac{1}{4}$ teaspoon salt
- 1 cup milk

THICK

- 3 tablespoons butter
- 3 tablespoons flour
- 1 teaspoon salt
- 1 cup milk

Melt butter, add flour and blend, but do not brown. Add milk, and stir and cook over moderate heat until mixture is smooth and thickened.

TOMATO SAUCE

- | | |
|---|-----------------------------------|
| 1 No. 2 can tomatoes ($2\frac{1}{2}$ cups) | 1 onion sliced |
| $\frac{1}{2}$ teaspoon salt | 2 tablespoons margarine or butter |
| $\frac{1}{4}$ teaspoon pepper | 2 tablespoons flour |

Cook tomatoes with seasonings and onion 10 minutes, then press through a sieve. Melt butter, blend in flour, then gradually stir in the tomato mixture. Cook slowly stirring until mixture boils and thickens. Makes 1 cup sauce.

MOCK HOLLANDAISE

- | | |
|---------------------------------------|--------------------------------|
| 2 tablespoons flour | $\frac{1}{4}$ teaspoon salt |
| $\frac{1}{4}$ cup butter or margarine | $\frac{1}{4}$ teaspoon paprika |
| 1 cup stock, beef or chicken | 2 egg yolks, slightly beaten |
| 1 tablespoon lemon juice | |

Melt butter, or margarine and blend in the flour. Add stock gradually and cook about 5 minutes, stirring constantly until mixture is smooth and thick. Beat egg yolks slightly, and stir a little of the hot mixture into them. Then add this to the hot mixture, and blend. Stir in lemon juice and stir over hot water 1 minute. Do not boil.

SPANISH SAUCE

- | | |
|-----------------------------------|----------------------------------|
| 1 tablespoon chopped onion | 2 cups canned or stewed tomatoes |
| 1 tablespoon chopped green pepper | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons fat | Dash of pepper |

Cook onions and pepper in fat for 5 minutes. Add tomatoes and seasonings and simmer until sauce is thick and well seasoned. Makes $1\frac{1}{2}$ cups.

☆ PIES AND PASTRY ☆

America's favorite dessert is the pie, and probably the all-American favorite is apple pie. But sweet potato pie, pecan pie and others have their devotees and all pies begin with a tender flaky crust.

STANDARD PASTRY

- | | |
|---|-------------------------------|
| 3 cups all purpose flour | $1\frac{1}{2}$ teaspoons salt |
| 1 cup shortening ($\frac{1}{2}$ pound) | 8 to 9 tablespoons cold water |

Sift flour once, measure and sift again with salt. Add shortening and cut in with 2 knives or with pastry blender until mixture looks like coarse corn meal. Add water a few drops at a time, blending with 1 knife, and tossing aside bits of dough as they are formed. Then press dough together, having added only enough water to make dry ingredients cling together. Chill thoroughly. Divide and roll out. Try to pinch off only as much dough as is needed to roll out once; crust is tough if dough is rolled again. Try to roll it to fit pan and be approximately 1 inch wider than the pan all around. This allows for a good fluted edge and is most useful for fruit pies. Use as little flour as possible in handling and rolling dough.

For crusts that are to be baked before filling, prick with fork and bake in 450 degree oven 10 to 12 minutes or until crust is evenly browned.

GRAHAM CRACKER OR CRUMB CRUST

- | | |
|-------------------------------|---------------------------------------|
| 16 graham crackers or wafers | $\frac{1}{4}$ cup sugar |
| ($1\frac{1}{2}$ cups crumbs) | $\frac{1}{4}$ cup butter or margarine |

Crush crumbs and roll fine with rolling pin. Mix crumbs, sugar and melted butter. Lightly grease pie plate and firmly press crumbs on bottom and sides of plate, evenly. Bake in 375 degree oven 15 minutes.

APPLE PIE

Line pie plate with pastry then fill with thinly sliced tart apples. Sprinkle generously with sugar, using $\frac{1}{2}$ to $\frac{2}{3}$ cup. Sprinkle with cinnamon or nutmeg and dot with bits of butter. If apples are dry add 2 to 4 tablespoons cold water, sprinkling it over apples. Cover with top crust or lattice strips of pastry, and place in hot oven, 450 degrees, 5 minutes. Reduce heat to 350 and bake 40 minutes longer. When top crust is rolled out it may be sprinkled with grated cheese.

CHOCOLATE PIE

Melt 4 squares chocolate in top of double boiler, add 2 cups scalded milk. Mix 5 tablespoons cornstarch with $\frac{1}{2}$ cups sugar and $\frac{1}{4}$ cup cold milk. Stir this into the hot milk and chocolate mixture and cook over hot water, stirring until smooth and thickened. Add 3 tablespoons butter and $\frac{1}{2}$ teaspoon salt. Pour a little of this mixture over the beaten yolks of 4 eggs and blend, then return egg mixture to hot mixture, gradually, stirring to mix. Cook a few minutes longer, add 1 teaspoon vanilla. Cool. Pour into a baked pie shell. Beat egg whites until stiff and gradually beat in 4 tablespoons sugar. Cover pie with this meringue and brown it in a slow, 250 degree oven. Note: A too-hot oven makes meringue tough and runny underneath.

ALABAMA SWEET POTATO PIE

- | | |
|--|--------------------------------------|
| $1\frac{1}{2}$ cups hot, mashed sweet potatoes | $\frac{1}{4}$ teaspoon allspice |
| 3 eggs, slightly beaten | $\frac{1}{4}$ cup rich milk or cream |
| $\frac{1}{8}$ cup brown sugar, firmly packed | 2 tablespoons melted butter |
| Dash of salt | or margarine |
| $\frac{1}{4}$ teaspoon cinnamon | $\frac{1}{4}$ cup brandy or sherry |
| $\frac{1}{4}$ teaspoon ginger | or 1 teaspoon vanilla |

Combine all ingredients and turn into a pastry lined pie plate. Bake in hot oven, 450 degrees, 10 minutes, reduce heat to 350, and bake 30 minutes longer or until pie is set and crust browned.

MOLASSES PECAN PIE

Blend $\frac{3}{4}$ cup firmly packed brown sugar with 1 tablespoon butter. Add 1 cup dark corn syrup, 3 eggs well beaten and a dash of salt. Add 1 teaspoon vanilla. Mix well. Add 1 cup coarsely chopped pecan meats and turn into a pie plate lined with pastry. Bake 10 minutes at 450 degrees, reduce heat to 350 and bake until pie is set, about 35 minutes longer.

LEMON MERINGUE PIE

- | | |
|-----------------------------|--|
| $1\frac{1}{2}$ cups sugar | 3 eggs, separated |
| $\frac{1}{3}$ cup flour | $1\frac{1}{2}$ teaspoons grated lemon rind |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{4}$ cup lemon juice |
| 2 cups boiling water | 2 tablespoons butter |

Mix sugar, flour and salt. Gradually stir in hot water and cook in top of double boiler, over boiling water, stirring until mixture thickens. Mix egg yolks, slightly beaten, lemon rind and juice. Add a little of the hot mixture to them, then gradually stir yolk mixture into the hot mixture. Add butter. Cool. Turn into a baked pie shell. Beat egg whites until stiff, and gradually beat $\frac{1}{4}$ cup sugar into them. Spread meringue over pie and bake in slow oven, 250 degrees, until delicately browned.

FRESH FRUIT PIES

- | | |
|---------------------------------------|---------------------|
| 3 to 4 cups prepared fruit or berries | 2 tablespoons flour |
| 1 to 1½ cups sugar | ¼ teaspoon salt |
| (depending upon tartness of fruit) | 1 tablespoon butter |

Prepare fruit or berries, add sugar mixed with flour. Line pie plate with pastry, fill with fruit mixture and dot with butter. Place top crust or lattice strips on top, brush with milk and bake in hot oven, 450 degrees, for 10 minutes. Reduce heat to 350 degrees and bake 20 to 30 minutes longer.

CANNED OR COOKED FRUIT PIES

- | | |
|--|---------------------|
| 2 to 2½ cups drained cooked
or canned fruit | Sugar to taste |
| ½ cup juice | 2 tablespoons flour |
| | ¼ teaspoon salt |
| 1 tablespoon butter | |

Proceed as for fresh fruit pies.

SALADS—DRESSINGS

Several vitamins and some of our minerals come to us in their best form by way of fresh fruits and vegetables. And since one or more of the vitamins are unstable and lose their potency when exposed to heat the salad has become, for reasons of health as well as for adding zest to meals, an important part of the daily meal plan.

There are no hard and fast rules for salad making. Fruits, fish, meat and vegetables are combined according to imagination and taste. All salad ingredients should be thoroughly chilled, greens should be washed thoroughly then chilled so they will be well crisped. Dressings should be varied to suit the salad they are to accompany; for instance a slightly sweet, or cream mayonnaise is more suitable for fruit salads, and a tart French dressing or highly seasoned mayonnaise is best for bland combinations.

SALADS

TOSSED VEGETABLE SALAD

- | | |
|---|-----------------------------|
| 2 cups shredded salad greens
(lettuce, watercress, endive or
cabbage) | 2 tablespoons sliced radish |
| | ½ cup diced cucumbers |
| | ¼ cup sliced sweet onions |
| ¼ cup tart French dressing | |

Toss with two forks, and serve at once.

SPICY COLE SLAW

- | | |
|---|----------------------------|
| 4 cups shredded crisp cabbage
(white or red and white mixed) | 1 teaspoon sugar |
| 1½ cups mayonnaise | 3 tablespoons grated onion |
| ½ cup vinegar | 1 teaspoon celery salt |
| | Salt and pepper to taste |

Mix all ingredients except cabbage, thoroughly and when ready to serve mix with cabbage, tossing with forks to blend. Good with baked beans.

STUFFED TOMATO SALAD

- | | |
|-----------------------------------|--------------------------|
| 6 medium-sized firm ripe tomatoes | 1/4 teaspoon salt |
| 1 pound cottage cheese | Dash of pepper |
| 1/2 cup sour cream | 1/8 teaspoon dry mustard |

Wash tomatoes and chill. Cut a thin slice from top of each and scoop out centers. (Save centers for another dish). Combine remaining ingredients and refill tomatoes with the mixture. Serve on crisp salad greens with mayonnaise garnish.

POTATO SALAD

- | | |
|------------------------------|----------------------------|
| 2 cups cooked diced potatoes | 2 tablespoons minced onion |
| 2 hard cooked eggs, diced | 1 teaspoon salt |
| 1/2 cup celery, sliced | Pepper to taste |

Boiled Salad Dressing

Have all ingredients well chilled. Toss lightly and let stand in refrigerator to blend for a while before serving. Serve on crisp greens.

SHRIMP SALAD

- | | |
|--------------------------------|-------------------------------|
| 3 cups cooked or canned shrimp | 2 tablespoons lemon juice |
| 2 cups celery, diced | 2 tablespoons pimento, minced |
| 3 hard cooked eggs, diced | Salt to taste |
| 1/4 cup sweet pickle, chopped | Mayonnaise |

Mix all ingredients, tossing lightly and serve on bed of crisp greens.

MOLDED CUCUMBER SALAD

- | | |
|---------------------------------|----------------------------------|
| 1 package lemon or lime gelatin | 1/2 teaspoon salt |
| 1 1/2 cups hot water | Dash of paprika |
| 1 tablespoon vinegar | Dash of pepper |
| 1 tablespoon scraped onion | 1 large cucumber, finely chopped |
- Mayonnaise

Dissolve gelatin in hot water according to directions on package. Cool. Add vinegar and seasonings. Chill until beginning to thicken, then fold in cucumber. Turn into fancy mold and chill until firm. Unmold on crisp greens and serve with mayonnaise.

SUMMER SALAD PLATE

- | | |
|-------------------------------------|-----------------------------|
| 1/4 package dates, pitted | 12 grapefruit segments |
| 12 cream cheese balls | Whole strawberries |
| 1 cup pineapple cubes | Whole cherries |
| 1 cup cantaloupe balls (or avocado) | Lettuce and French dressing |

Stuff dates with nutmeats. Sprinkle cheese balls with paprika. Sprinkle grapefruit segments with finely chopped mint. Arrange all in attractive manner on greens-lined serving plate.

FROZEN FRUIT SALAD

- | | |
|---|----------------------------|
| 2 cups canned or fresh fruit
cut in small dice | 3 tablespoons lemon juice |
| 16 marshmallows (1/4 pound) | 1/2 cup mayonnaise |
| 1 2/3 cups evaporated milk, well chilled then whipped | 1/2 cup nut meats, chopped |

If using canned fruit, drain it well. Cut marshmallows with scissors which have been dipped in hot water. Whip milk stiff, and fold in lemon juice, mayonnaise, nuts and fruits. Pour into freezing tray and freeze until firm. Slice and serve on crisp greens with or without salad dressing.

SALAD DRESSINGS

FRENCH DRESSING

- | | |
|-----------------------------|------------------------------------|
| 1 cup salad oil | $\frac{1}{2}$ teaspoon pepper |
| $\frac{1}{8}$ cup vinegar | 1 small clove of garlic |
| 1 teaspoon sugar | $\frac{1}{4}$ teaspoon paprika |
| $\frac{3}{4}$ teaspoon salt | $\frac{1}{2}$ teaspoon dry mustard |

Add garlic to vinegar and let stand 30 minutes. Combine all ingredients and shake well to blend. Remove garlic and store in covered jar in refrigerator to be used as needed.

MAYONNAISE

- | | |
|-----------------|--------------------------------------|
| 1 egg yolk | 3 tablespoons lemon juice or vinegar |
| 1 teaspoon salt | $\frac{1}{4}$ teaspoon paprika |
| 1 cup salad oil | $\frac{1}{2}$ teaspoon dry mustard |

Put egg yolk in small bowl and beat thoroughly. Add 1 tablespoon lemon juice and beat again. Then beat in oil, adding only a few drops at a time, beating continually. If oil is added too rapidly mixture will not thicken. As mixture thickens add remaining lemon juice and seasonings, and continue adding oil until all is incorporated. Keep in cool place but do not freeze. Too much heat or cold causes mayonnaise to separate.

CREAM MAYONNAISE

(For Fruit Salads)

Fold $\frac{1}{2}$ cup whipped cream into $\frac{1}{2}$ cup mayonnaise. Add 2 tablespoons sugar or honey and 2 tablespoons orange or pineapple juice. Blend and serve over any combination of fruits.

OLD-FASHIONED BOILED DRESSING

- | | |
|----------------------------------|-------------------------|
| 2 cups hot water | 1 teaspoon salt |
| $\frac{2}{8}$ cup vinegar | 2 teaspoons dry mustard |
| 2 tablespoons butter | 4 egg yolks |
| $2\frac{1}{2}$ tablespoons flour | $\frac{1}{2}$ cup sugar |

Mix 1 cup hot water with the vinegar and butter in top of a double boiler. Bring to a boil. Beat egg yolks and gradually beat into them the sugar. Set aside. Blend flour, salt and mustard, then add the remaining water, mixing well. Add this mixture to sugar and egg yolks. Blend thoroughly, and then gradually add this to the water-vinegar-butter mixture in top of double boiler. Cook, stirring until smooth and thickened. Store in covered jar in refrigerator.



SANDWICHES



From a probable humble beginning, a piece of meat between two pieces of bread, the sandwich has reached a rather refined state. It is now quite as much at home at the prettiest luncheons and parties, as it is at such informal gatherings as a hike or picnic.

Bread: Many varieties of bread may be used in sandwich making, and if lunches have to be packed daily it is wise to vary the bread often to avoid monot-

ony. Use raisin, rye, nut, white, whole wheat, crusty French bread, pumpernickel, tiny rolls, buns and fruit bread. The crusts are usually removed to make dainty tea or luncheon sandwiches. Save these for crumbling croquettes, and tops of casseroles, for bread puddings and scalloped dishes.

Butter or Margarine: Butter should be softened and creamed with a small amount of top milk or cream or mayonnaise until smooth and creamy enough to spread well. It should be spread out to the edges and corners of the bread.

Keeping Sandwiches: Sandwiches will retain their appetizing moistness if wrapped in waxed paper. To keep several hours wrap a dampened cloth around the paper-wrapped sandwiches. Cover sandwiches well with paper, then wrap a damp cloth around the plate. Store in cool place until ready to serve.

SANDWICH FILLINGS

Slice ham, pork, beef, lamb, chicken or tongue in thin slices, season to taste. Chop any cooked meat, moisten with mayonnaise, season to taste with salt, pepper and minced onion. Add finely chopped celery, if desired.

Flake tuna fish, moisten with well seasoned mayonnaise or Russian dressing.

Mix chopped hard cooked eggs with Russian dressing.

Mix hard cooked eggs with minced celery, pimento and moisten with mayonnaise.

Mix grated carrots, shredded cabbage and raisins.

Slice cucumbers thin, and moisten with mayonnaise to which finely minced onion and chopped nuts have been added.

Moisten peanut butter with honey.

Blend cream cheese with guava jelly.

Chop dates and nuts and blend with cream cheese or mayonnaise.

ROLLED SANDWICHES

Remove all crusts from a loaf of fresh bread. Spread cut end lengthwise with softened butter or margarine, or other soft filling, and cut in $\frac{1}{4}$ inch slices. Roll as for jelly roll and fasten with a toothpick. Wrap in waxed paper, then in a damp towel. Chill thoroughly. Just before serving cut in $\frac{1}{4}$ -inch slices.

CLUB SANDWICH

Use three slices bread or toast. Cover one slice with crisp lettuce, arrange sliced ham or chicken on lettuce and spread with mayonnaise. Cover with second piece. On this lay crisp slices of bacon, onion, or tomato and cover with third piece. Garnish with pickles or olives. Cut through to make two triangular sandwiches.



SOUPS



Soups fall into two general groups, the hearty, stick-to-the-ribs type that may be used to bolster a light meal, or serve as the main dish, and the light, thin soups that serve as a first course. Hearty soups include the chowders, gumbos, bean, meat and vegetable combinations. Light soups are consommés, broths and the bouillons. The thin soups are correctly served in cups at luncheon or supper, and in shallow-rimmed soup plates at the formal dinner. Bowls such as are used for fruits and cereals are used for the informal serving at luncheon or supper of the cream and other substantial soups.

Bouillon is a clear broth made from brown soup stock, having only beef as the main flavoring factor.

Clear consommé is made from a brown soup stock, usually made from beef, but it has chicken and veal with the beef to give it meaty flavoring.

Broth is the liquid from meat simmered slowly in water. But it is not as clear and as delicately seasoned as either bouillon or consommé.

BROWN SOUP STOCK

4 pounds soup bone and meat shank, neck or flank or ends of steak and bones	1 small onion, sliced 4 whole cloves 1 bay leaf
2½ quarts cold water	2 sprigs thyme
1 diced carrot	2 sprigs parsley
½ cup celery leaves	1/3 teaspoon peppercorns
2 teaspoons salt	

Have soup bone cracked. Brown small pieces of meat in 2 tablespoons of fat, then place with other meat and bones in large saucepan. Add cold water and heat slowly to boiling point; boil 10 minutes. Skim, cover and simmer gently 3 hours, removing froth as it forms. Add vegetables and seasonings and simmer 1 hour longer. Strain. Cool and keep in cool place to use as needed. A ham bone may be used if a rich hearty flavor is liked. Ham flavor is especially good with beans and split pea soups.

CREAM SOUPS

The base of all cream soups is a thin white sauce made as follows:

1 tablespoon butter or margarine	1 cup milk (top milk or cream)
1 tablespoon flour	½ teaspoon salt
⅛ teaspoon pepper	

Melt butter, blend in flour until smooth, gradually stir in milk. Cook slowly, stirring constantly until mixture boils and thickens. Add seasoning. Makes 1 cup sauce.

CREAM OF TOMATO SOUP

To 3 cups thin white sauce add 3 cups canned or stewed tomatoes cooked 10 minutes with 1 slice of onion then forced through a sieve. Combine the two hot mixtures just before serving and if the soup curdles beat with a rotary beater.

CREAM OF SPINACH SOUP

3 cups thin white sauce	1 teaspoon onion, scraped
1½ cups cooked spinach	Dash of nutmeg
1 cup rich milk	

Put spinach through sieve and add with onion to the cup of hot milk in saucepan. Gradually stir in the thin white sauce, stirring until smooth. Season with salt to taste, and a dash of nutmeg.

FRESH CORN CHOWDER

2 slices fat, salt pork	1 teaspoon salt
1 onion	⅛ teaspoon pepper
2 cups potatoes, cubed	1¾ cups cream or evaporated milk
3¼ cups boiling water	1 tablespoon butter
2 cups freshly cut or canned corn	1 tablespoon flour

Cut pork in small pieces and fry slowly in soup kettle. Add onion and cook five minutes. Add potatoes and water and simmer slowly until potatoes are tender. Add

corn and seasonings. Add milk or cream. Melt butter, blend in flour thoroughly, then add gradually to soup, stirring until slightly thickened.

OYSTER STEW

2 cups rich milk, scalded	1 cup oyster liquor
2 cups oysters	1 tablespoon butter

Salt and pepper to taste

Heat oyster liquor, then add oysters and cook until edges curl. Add hot milk, butter and seasonings. Serve at once. Oysters become tough if allowed to stand or if overcooked.

SHRIMP GUMBO

2 pounds shrimp, cooked and shelled	$\frac{1}{2}$ cup rice
2 cups hot water	$1\frac{1}{2}$ teaspoons salt
2 cups canned or stewed tomatoes	3 slices bacon, diced
16 pods okra, sliced	2 tablespoons flour
1 small onion, minced	Dash of cayenne

1 Bay Leaf

Cook bacon in frying pan to extract fat add onion and cook five minutes. Add flour, stirring until browned. Put tomatoes, water, okra and shrimp in soup kettle, add bacon-onion mixture, bay leaf, and salt and pepper to taste. Add cayenne. Simmer 1 hour. Serve in large soup plates over cooked hot rice.

VEGETABLE SOUP

3 pints beef stock	1 small onion diced
$\frac{1}{2}$ cup sliced carrots	$\frac{1}{2}$ cup green peas
$\frac{1}{2}$ cup diced turnips	2 cups tomatoes, canned or stewed
$\frac{1}{2}$ cup shredded string beans	1 cup diced potato

Salt and pepper to taste

Cut carrots in thin slices, turnips in small dice and shred beans thinly. Add all vegetables to stock and gently simmer until vegetables are tender, adding hot water if soup becomes too thick. Season with salt and pepper to taste and serve with crisp crackers or croutons.

☆ ☆ VEGETABLES ☆ ☆

At least two vegetables in addition to potatoes, should be included in the daily meals. Green and yellow vegetables are most valuable from a nutrition standpoint. One vegetable should be eaten raw. The selection, storage in the home, and cooking of vegetables are very important, because some minerals and vitamins are water-soluble, that is, they dissolve in water, and some are impaired or lost when vegetables are improperly handled or improperly cooked.

In selecting vegetables choose those that are freshest; old or wilted vegetables are not a bargain at any price. Wash greens and root vegetables and store unpeeled and unbroken in covered container in refrigerator. Do not peel carrots, potatoes, tomatoes or any such vegetable until ready to cook. Cook vegetables as far as is practicable with skins on. Cut surfaces lose vitamins faster than when skin is unbroken. Never leave

vegetables to soak in water, and never add soda to vegetables when cooking. While soda does help green vegetables retain a bright color, it destroys vitamins.

HOW LONG TO COOK VEGETABLES

The cooking time for vegetables depends upon the size and age of the vegetable and to certain extent upon taste. As a general rule green vegetables, such as greens, green beans, green peas, broccoli, green asparagus and okra, should be cooked only until barely tender. However, we in the south have acquired a taste for greens and beans cooked long and slowly with meat. When vegetables are cooked long and slowly it is highly important that the water all be cooked into the vegetables, or drunk as a liquor or broth, for much of the nutriment is in the cooking water. The practice of drinking "pot liquor" is an excellent one from a nutrition standpoint.

To cook green vegetables drop them in boiling water, cover and cook until just tender, adding salt after the vegetable is heated. Cook potatoes and other root vegetables, with skins on as far as practicable, and until thoroughly done. If the vegetable is peeled, always save the cooking water, and use it as a base for soups, or season and serve as a vegetable cocktail.

BUTTERED VEGETABLES

When vegetables are tender, drain, add butter or margarine to taste, and heat over low fire, shaking saucepan so that all vegetable will be seasoned. Add a dash of pepper or paprika.

CREAMED VEGETABLES

When vegetable is tender, drain and fold into a rich white sauce. Page 31.

ASPARAGUS

Allow 1 pound fresh asparagus for 3 servings

Cut heavy tough stalk away, leaving tender green spears. Wash carefully to avoid breaking, but hold spears under running water for they are usually gritty. Tie in bunches, if desired, and drop in rapidly boiling salted water. Cover and cook until lowest part of stalk can be pierced with sharp knife. Or asparagus may be tied in stalks and stood upright in enough boiling water to cover all but the tips. Boil uncovered until tender, then cover to steam tips about 5 minutes. Hot asparagus may then be served with melted butter, hollandaise or cheese sauce.

STRING BEANS

Wash beans thoroughly, string and break into small pieces or cut into shreds. Cook in smallest amount of boiling water until tender and season as desired, with salt pork, bacon fat or with butter.

STRING BEAN AND TOMATO STEW

2 cups cooked or canned
string beans
2 cups stewed or canned
tomatoes
1 small onion sliced
1 tablespoon sugar

Salt and pepper
4 whole cloves
2 tablespoons flour
1 tablespoon butter or
bacon drippings

Put tomatoes in saucepan, add onion, cloves and sugar and cook 10 minutes. Reserve enough tomato or bean liquid to blend with flour, blend until smooth and add to tomato mixture. Cook 5 minutes. Add beans, salt and pepper to taste, and butter or bacon drippings. Heat thoroughly and serve.

BAKED BEANS

2 cups navy beans	1 tablespoon brown sugar
1/2 pound salt pork	1/4 cup dark molasses
2 teaspoons salt	1/2 teaspoon dry mustard
1/2 teaspoon Worcestershire sauce	

Wash beans, cover with cold water and soak overnight. Drain, cover with fresh water and cook slowly until skins break. Turn beans into bean pot or large casserole. Pour boiling water over pork, dry and cut into small pieces. Press these into the beans. Mix salt, brown sugar, molasses, mustard and Worcestershire, add 1 cup boiling water, mix and pour over beans. Cover closely and bake in slow oven, 250 degrees 6 to 8 hours, adding a little water if necessary to keep beans moist. Uncover last 1/2 hour to brown. One small onion may be placed in bottom of casserole if liked. Tomato catsup may be added for seasoning, if liked.

LIMA BEANS CREOLE

2/3 cup dried lima beans	2 medium onions, sliced
3 slices bacon	1 cup milk
	1 green pepper, shredded

Wash beans and soak several hours or overnight in cold water. Cook in same water 20 minutes, then add salt and cook until beans are tender. Fry bacon, remove from pan and in bacon fat simmer onions and green pepper until tender. Place a layer of beans in a greased casserole, add a layer of bacon, crumbled, then a layer of the onion-pepper mixture. Repeat, using all ingredients. Pour milk over all and bake in moderate oven about 20 minutes. Fresh lima beans may be used for this dish, but they require no soaking.

SPICED BEETS

2 cups cooked diced beets	8 whole cloves
1 small onion sliced	1 2-inch stick cinnamon
1/3 cup vinegar	1/3 cup water
1 1/2 tablespoons sugar	1 teaspoon salt

Wash fresh beets thoroughly, and cook without peeling until tender, (leave about 1 inch of tops.) Drain beets, cool, peel, and dice. Mix vinegar, water, sugar, salt and spices, place over slow fire and bring to a boil, simmer 10 minutes. Add beets, heat and serve. May be thoroughly chilled and served cold.

BROCCOLI

Cut away very heavy stalks, saving these for soup. Thoroughly wash broccoli, as asparagus, by holding heads under running water. Drop in small amount of boiling water and cook covered until just tender. Test heaviest part of stalk. Butter or serve with Mock Hollandaise Sauce.

GLAZED CARROTS

Wash and lightly scrape 6 medium carrots. Split in half lengthwise, and cook in small amount of boiling water, covered, until tender. Add salt. When tender, most of water should have evaporated. Combine 2 tablespoons honey or sugar, 2 tablespoons margarine, 1/4 teaspoon grated orange rind and a dash of salt in a heavy skillet. Bring to a boil, add carrots and simmer about 10 minutes.

BRAISED CELERY

Cut celery stalks in 3 to 4 inch lengths. To serve six portions allow about 40 pieces. Sauté in 3 tablespoons butter or margarine in heavy skillet until delicately browned, stirring occasionally. Add 3/4 cup meat stock and continue cooking until celery is tender and liquid is not more than 1/4 cup.

CAULIFLOWER, CABBAGE AND BRUSSELS SPROUTS

These are all members of the cabbage family and should be cooked as quickly as possible in larger amount of water, which should be discarded because it is strong. Drop prepared vegetable in rapidly boiling salted water and cook covered about 10 minutes or until just tender. Drain, and season as desired. Brussels sprouts are excellent mixed with boiled chestnuts and a rich cream or white sauce.

SPANISH CABBAGE

Cook cabbage as directed above and drain. Melt 4 tablespoons meat drippings in a saucepan, add 4 tablespoons minced onion and 4 tablespoons chopped green pepper. Cook slowly 8 minutes. Add 1 cup tomato puree or tomato sauce, (1 cup hot water, if using puree), salt and pepper to taste and $\frac{1}{2}$ teaspoon dried marjoram. Cook the sauce slowly 10 minutes. Add cabbage, heat and serve immediately. A grating of cheese may be used for garnish.

CORN ON THE COB

Drop prepared corn, broken in suitable serving lengths, in boiling water. Cook 15 to 20 minutes. Serve hot with salt, pepper and butter or margarine.

FRIED CORN

Heat 2 tablespoons butter, margarine or bacon fat in frying pan. Add 2 cups fresh corn cut from cob or canned corn. Season, and cook slowly until corn is tender and well seasoned.

CORN PUDDING

Beat 3 eggs, stir into 2 cups canned or fresh corn cut from the cob. Add 1 teaspoon salt, pepper to taste and 2 cups milk. Stir in two tablespoons melted butter or margarine. Pour into a greased baking dish, set dish in hot water and bake in moderate oven, 350 degrees about 1 hour, or until pudding is set.

ESCALLOPED EGGPLANT

Peel 1 large eggplant and cut in large dice. Drop in rapidly boiling slightly salted water and cook until tender. Drain at once. Have prepared 2 cups buttered bread crumbs, and 1 cup medium white sauce. In greased baking dish arrange alternate layers of egg plant, crumbs and sauce. Sprinkle top with grated cheese and bake in 375 degree oven about 35 minutes.

STEAMED GREENS

(Beet tops, turnip tops, mustard greens, kale, spinach)

Wash greens thoroughly but avoid crushing or bruising. Slightly warm water is better for removing grit. Place greens in heavy saucepan and add no water. That which clings to the leaves is sufficient. Heat slowly until greens are wilted and there is enough moisture in which to cook them. Steam until tender and season during last few minutes of cooking, to taste, with salt, pepper, butter, bacon fat or add partly cooked bacon or salt pork, cut almost through in thin slices.

BUTTERED OKRA

Drop well washed tender pods in small amount of boiling salted water. Cover and cook until tender. Season with salt, pepper, and butter or margarine.

STUFFED ONIONS

Remove skins from 5 or 6 medium onions. Drop in boiling salted water and cook until tender but not too soft. Drain. Cut thin slice from onions and remove part of the inner portion. Melt 2 tablespoons butter or bacon dripping in skillet. Add

onion centers, $\frac{1}{2}$ cup chopped celery and 1 cup bread crumbs. Stir and cook slowly until celery is tender, about 10 minutes. Add salt and pepper to taste. Refill onion shells with this mixture. Place in baking dish, cover and bake in moderate oven about 30 minutes or until onions are very tender. Uncover during last 10 minutes to brown tops.

GREEN PEPPERS, STUFFED

Cut a slice from the stem end of 6 green peppers, remove seeds, drop in rapidly boiling salted water and cook 5 minutes. Drain.

Stuffings:

1. 1 cup cooked rice, buttered and seasoned.
2. 2 cups cooked meat, ground.
3. 2 cups buttered bread crumbs to which 1 tablespoon minced cooked onion is added.
4. A mixture of meat and bread crumbs seasoned with catsup or chili sauce.

Fill peppers with desired stuffing and bake in moderate oven.

POTATOES BAKED

Wash sweet or Irish potatoes well. Rub skins with a little softened fat if a soft skin is desired. Do not rub with fat if a crisp skin is desired. Place in shallow baking pan and set in moderate, 350 degree oven. Allow about 1 hour for baking. Bake until potato is soft.

CANDIED SWEET POTATOES

- | | |
|-------------------------------|-----------------------------------|
| 6 medium sweet potatoes | $\frac{1}{3}$ cup water |
| 1 cup sugar, white or brown | 3 tablespoons butter or margarine |
| Grating of nutmeg or cinnamon | |

Scrub potatoes and boil in jacket until tender. Cut lengthwise in thick slices and arrange in baking dish. Mix sugar and water and bring to a boil. Pour over potatoes, dot with butter and sprinkle with nutmeg. Bake in 400 degree oven, 20 or 25 minutes, basting occasionally with syrup in dish.

SMALL YELLOW SQUASH

Boil in small amount of water until tender. Season as desired.

ACORN SQUASH

Wash, cut in halves crosswise, remove seeds, fill cavities with brown sugar, a dash of salt and dot with butter. Bake in moderate oven 350 degrees until tender.

SUCCOTASH

Combine $1\frac{1}{2}$ cups corn and same amount of lima beans, cooked or canned, heat and season with butter or margarine, salt and pepper. If not moist enough with vegetable liquor, add a few tablespoons top milk or cream.

BROILED TOMATOES

Slice ripe tomatoes in thick slices. Arrange on greased broiler pan, sprinkle with salt and pepper and dot with butter. Broil under moderate heat without turning, until tomatoes are tender and browned on edges.

STEWED TOMATOES

Cut ripe tomatoes, peel if desired and cook in their own juice over moderate heat until tender. Season with salt, pepper and butter, and thicken with buttered bread crumbs if too juicy.



CANNING



HOW TO CAN VEGETABLES

Wise, thrifty and patriotic is the woman who stocks her pantry with a large variety of home-canned vegetables, because they, with other home-canned products, offer the most dependable means of providing her household with an adequate diet.

Canned vegetables have approximately the same food value as those cooked for immediate serving provided the canned ones are selected, prepared, packed, and processed according to instructions.

Salt may be omitted when canning vegetables, as the small amount used has no effect on keeping qualities. It is merely used for seasoning.

Food values are higher if vegetables are canned with the water in which they are precooked, but fresh boiling water may be used if preferred.

All vegetables except tomatoes, ripe pimentos and sauerkraut, are called non-acid.

Never taste canned food in order to decide whether it is spoiled. Never taste non-acid vegetables until they have boiled 15 minutes. Discard any canned food which has an unnatural odor.

BEANS

Wash, string, break, or cut young, tender, freshly gathered pods into 2-inch pieces. Boil 5 minutes. Pack into hot jars. Add 1 teaspoon salt to each quart. Cover with water in which cooked. Process small, young pods 35 minutes and large ones 55 minutes at 10 pounds pressure or 3 hours in hot water bath; then complete seal.

BEETS

Wash young, tender, deep red beets. Leave 2 inches of stems and tap root. Boil until the skins can be slipped. Slip skins, trim beets, and pack into hot jars. Add 1 teaspoon salt to each quart. Cover with boiling water. Process 40 minutes at 10 pounds pressure or 2½ hours in hot-water bath; then complete seal.

CARROTS

Wash, scrape and rinse. Slice, dice or leave whole. Boil 3 minutes. Pack into hot jars. Add 1 teaspoon salt to each quart. Cover with boiling water. Process 40 minutes at 10 pounds pressure or 2½ hours in water bath; then complete seal.

CORN—WHOLE KERNEL

Cut corn from cob. Do not scrape. Add 1 teaspoonful salt and 1¾ cups boiling water to each quart of corn. Boil 3 minutes. Pour into hot jars. Process 70 minutes at 10 pounds pressure or 3½ hours in hot-water bath; then complete seal.

GREENS

Wash thoroughly, discard large stems and tough, discolored, and wilted leaves. Heat until wilted, using just enough water to prevent sticking. (Turning the greens over when steam begins to rise around the edges of the pan will hasten the wilting

and prevent overcooking.) Pack firmly into hot jars; then loosen by cutting through the pack several times with sharp knife. Add 1 teaspoon salt to each quart. Cover with boiling water. Process 65 minutes at 15 pounds pressure or 3½ hours in hot-water bath; then complete seal.

OKRA

Use small pods. Wash, remove stem ends without cutting into pods. Cover with boiling water. Cook from 1 to 3 minutes. Pack into hot jars. Add 1 teaspoon salt to each quart. Process 40 minutes at 10 pounds pressure or 2½ hours in hot-water bath then complete seal. Okra that is to be used for soup should be sliced before pre-cooking.

PEAS—GREEN

Wash pods. Drain. Shell. Grade for size. Rinse. Cover with boiling water. Boil small peas 3 minutes large ones 5 minutes. Pour into hot jars. Add 1 teaspoon salt to each quart. Process small, young peas 50 minutes at 10 pounds pressure or 3 hours in hot-water bath, and more mature ones 60 minutes at 10 pounds pressure or 3½ hours in hot-water bath; then complete seal.

PEAS—BLACKEYED, FIELD

Wash, shell, rinse, boil 5 to 10 minutes. Pour into hot jars. Cover with boiling water. Add 1 teaspoon salt to each quart. Process 60 minutes at 10 pounds pressure or 3½ hours in hot-water bath; then complete seal.

PIMENTOS

Fry peppers 2 or 3 minutes in hot oil or roast 6 or 8 minutes in hot oven. Remove skins, stem end, and seed. Flatten and pack, without liquid, into hot jars. Add 1 teaspoon salt to each pint. Process 15 minutes at 10 pounds pressure or 45 minutes in hot-water bath; then complete seal.

SUCCOTASH

Boil fresh corn 5 minutes. Cut from cob. Do not scrape. Mix with from ½ to equal amount of green string or lima beans which have been boiled 5 minutes. Reheat to boiling and pour into hot jars. Cover with boiling water. Add 1 teaspoon salt to each quart. Process 70 minutes at 10 pounds pressure or 3½ hours in hot-water bath; then complete seal.

SQUASH

Wash. Cut into small pieces and steam or boil until tender. Pack into hot jars. Add 1 teaspoon salt to each quart. Process 45 minutes at 10 pounds pressure or 3 hours in hot-water bath; then complete seal.

TOMATOES, REGULAR PACK

Wash firm, fresh, sound, ripe tomatoes. Scald (a few at a time), cold dip and drain. Cut out all core and all hard or green spots. Skin. Pack solidly into hot jars. Add 1 teaspoon salt to each quart. (Add no liquid.) Process 45 minutes in hot-water bath; then complete seal.

VEGETABLE SOUP MIX

Use 5 quarts tomatoes, 2 quarts corn, 2 quarts sliced okra or 2 quarts small green beans, 2 tablespoons sugar, 2 tablespoons salt. Cook tomatoes until soft, then skin and seed. Add other ingredients and cook until thick. Pour into hot jars. Process 40 minutes at 10 pounds pressure or 3 hours in hot-water bath; then complete seal.

HOW TO CAN FRUITS

Home-canned fruits of good quality are tender, but unbroken, and have the flavor and color of freshly cooked ones. All fruits for canning should be fresh, firm-ripe, sound, unbruised and clean. All should be sorted for size, color and ripeness so that pieces of approximately the same size, color and ripeness can be canned together. That which is sound, but less choice, may be used for butters, jams and juices.

Fruits keep equally well canned with or without sugar; however, the color, flavor and texture are usually better when some sugar is used. To can juicy fruits when short of sugar: heat small fruits, sliced ripe peaches, or sliced ripe, juicy pears until juice runs free. Sweeten lightly with sugar or honey and process for time given for hot-pack fruit. It is important that juice cover the fruit when packed in jar. If there isn't juice, add a little boiling water.

JUICY FRUITS

(With small amounts of sugar, honey or corn syrup)—Wash, cap or pare and pit, if necessary; slice fruits unless using small berries. Place fruit in pan or kettle and set pan in another pan of hot water. Let heat until juice runs freely. Granulated sugar, honey or corn syrup may be added while the fruit is heating. Pack into clean, hot jars (juice must cover fruit). Process in hot water bath.

FRUITS WITH HONEY

Use light, mild-flavored, strained honey. Honey tends to change the color and flavor of fruit, a change often pleasing, and never objectionable to those who enjoy honey. To make syrup, use equal parts honey and water for acid fruits, and one part honey to two parts water for less acid fruits. Boil the water and honey together two minutes. Simmer prepared fruits in the syrup until heated through. Pack hot fruit into clean hot jars, and process in hot water bath; apples 25 minutes, berries 7 minutes, cherries 15 minutes, peaches 15 minutes, pineapple 35 minutes, plums 15 minutes.

FRUITS WITHOUT SUGAR

Select firm, ripe fruit. Prepare as for ordinary canning. Simmer fruit until hot through in its own juice, or in enough water to prevent sticking. Pack hot fruit into clean hot jars and process in hot water bath.

If one prefers to use open kettle method, stew the fruit until tender in its own juice or in a little water and seal while boiling hot in jars that have been boiled 20 minutes to sterilize.

FRUIT JUICES

The amount of sugar used in canning fruit juices varies from 1 to 2 cups to 1 gallon juice, depending upon preference. That used for jelly should not be sweetened.

Fruit juices should be processed 30 minutes in hot water bath at simmering (175-185 degrees F.).

Grape and berry juices are clearer if left standing 12 or more hours and then siphoned or poured from the dregs which settle at the bottom. Filtered juices are more attractive in appearance, but less so in flavor than unfiltered ones.

BERRY JUICES

Blackberries, blueberries, loganberries, raspberries, strawberries.

Wash, crush and simmer berries until soft. Strain through several layers of

cheesecloth. Add from 1 to 2 cups to each gallon of juice. Reheat to simmering and pour boiling into hot jars. Process 30 minutes in hot water bath at simmering; then complete seal.

GRAPE JUICE

Wash, stem and crush fresh, firm-ripe grapes. Add 1 cup water to each gallon crushed grapes. Heat 10 minutes at simmering. (Boiling develops a poor flavor.) Strain through several layers of cheesecloth. Let stand in a cool place, preferably in refrigerator, 24 hours. Strain again. Add 1 or 2 cups sugar to each gallon juice. Reheat to simmering. Pour into hot jars. Process 30 minutes in hot-water bath at simmering; then complete seal.

TOMATO JUICE I

No tomato juice is superior in flavor to that which is made, as needed, by pressing home canned tomatoes through a fine sieve.

TOMATO JUICE II

Wash carefully, leave whole or cut into pieces and steam until soft. Press the hot tomatoes through a fine sieve. Reheat to simmering, 190 degrees, and pour into clean hot jars. Process 30 minutes in hot water bath, then complete seal.

TO PROCESS IN WATER BATH CANNER

Lower jars into steaming, but not boiling, water to cover at least 1 inch. Begin counting time when water is actually boiling. Keep boiling at even rate of speed. Remove jars at end of processing time and complete seal.

TO PROCESS IN PRESSURE COOKER

Directions for its care and operation are packed with every pressure cooker. Such directions should be followed. Place jars on the rack in a cooker containing water from 1 to 2 inches deep. Leave ample room between jars to permit free circulation of steam. Adjust and fasten cooker lid securely. Do not close petcock until steam has escaped through it in a steady stream from 3 to 7 minutes, depending upon the size of the cooker, otherwise the temperature within the cooker may not be as high as indicated by the pressure gauge. Pressure begins to rise shortly after the petcock is closed.

Begin counting processing time when the pressure reaches the required number of pounds. Keep pressure steady by adjusting heat under cooker. The pressure must be kept steady in order to count time accurately and to keep liquid in jars. Remove cooker from heat at end of processing time and let it stand until the hand on the gauge falls to zero, then open petcock very slowly. Tilt lid, as it is removed, to throw the steam away from face. Spread a heavy cloth over the top of cooker. Catch handles of rack or basket through the cloth and lift out.

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Souffle.....	18	Tomato, Stuffed.....	35
CHICKEN —Barbecued.....	25	Vegetable, Tossed.....	34
Braised.....	24	SAUCES —Cream (or White).....	31
Brunswick Stew.....	25	Mock Hollandaise.....	32
Creamed.....	24	Spanish.....	32
Fried.....	24	Tomato.....	31
Gravy.....	25	SANDWICHES —Breads for.....	36
Roasted.....	24	Club.....	37
DESSERTS —Apples, Baked.....	19	Fillings.....	37
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Charlotte Russe.....	20	SOUPS —Corn Chowder.....	38
Chocolate Refrigerator Cake.....	20	Cream.....	38
Custards, Boiled, Baked.....	19	Oyster.....	39
Ice Cream, Vanilla.....	20	Shrimp Gumbo.....	39
Orange Cream.....	20	Stock.....	38
Pineapple Sherbet.....	20	Vegetable.....	39
Rice Pudding, Creamy.....	21	VEGETABLES —Asparagus.....	40
Dessert Sauces —Butterscotch.....	21	Buttered.....	40
Chocolate.....	21	Creamed.....	40
Lemon.....	21	Beans, Baked.....	41
Whipping Evaporated Milk.....	19	Beans, String.....	40
EGGS —Hard Cooked.....	22	Bean and Tomato Stew.....	40
Omelet, Plain.....	22	Beans, Lima, Creole.....	41
Poached.....	22	Beets, Spiced.....	41
Scrambled.....	22	Broccoli.....	41
Shirred.....	22	Brussels Sprouts.....	42
FILLINGS and Frostings for Cakes —		Cabbage.....	42
Caramel.....	16	Carrots, glazed.....	41
Chocolate.....	17	Cauliflower.....	42
Coconut.....	16	Celery, Braised.....	41
Lemon.....	16	Corn, on the Cob.....	42
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Broiled.....	26	Eggplant, escalloped.....	42
Fried.....	26	Greens, all kinds.....	42
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Salmon Loaf.....	26	Onions, Baked Stuffed.....	42
		Peppers, Green, Stuffed.....	43
		Potatoes, Baked.....	43
		Sweet, candied.....	43
		Succotash.....	43
		Squash.....	43
		Tomatoes, Broiled.....	43
		Stewed.....	43

FOOD FOR THOUGHT

Good meals are essential to the health of your family today. Good insurance is essential to the happiness of your family tomorrow. We have given you in this book reliable recipes for health-building dishes. We can also provide you with reliable insurance for security and happiness.

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